

# The Morning Calm Weekly

Volume 3, Issue 8

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

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## Harvey sworn in as new Secretary of the Army

Army News Service

**WASHINGTON** — Dr. Francis J. Harvey was sworn in Friday at the Pentagon as the 19th Secretary of the Army.

“This is a great honor for me,” Harvey said. “My top priority will be to serve our Soldiers, civilian employees and family members of the active component, Army Reserve and Army National Guard. I look forward to working with the secretary of Defense, the Army chief of staff, Gen. Pete Schoomaker; and the Army senior leadership as we fight the Global War on Terrorism while continuing to transform the force.”

The Senate confirmed President Bush’s nomination of Harvey Nov. 16.

“It’s great to have Dr. Harvey on board as our Secretary,” said Gen. Peter J. Schoomaker, the Army chief of staff. “Dr. Harvey has a wealth of experience leading large organizations with diverse work forces, managing major programs and leading technology development. His education and industry experience will serve us well as he leads our Army in this window of strategic opportunity.”

As secretary of the Army, Harvey has statutory responsibility for all matters relating to Army manpower, personnel, reserve affairs, installations,



*Secretary of Defense Donald Rumsfeld (center) looks on while Raymond DuBois (left), director of administration and management, swears in Dr. Francis J. Harvey as the 19th secretary of the Army Friday.*

environmental issues, weapons systems and equipment acquisition, communications and financial management. Harvey is responsible for the department’s annual budget of \$98.5 billion. He leads a work force of over one million active duty, Army National Guard, and Army Reserve Soldiers, 220,000 civilian employees, thousands of contractors, and has stewardship over 15 million acres of land.

Prior to his appointment, Harvey was a business executive with broad experience centered on the defense industry. He held various professional, management and executive positions within the Westinghouse Corporation from 1969 to 1997, including president of the Electronics Systems Group, president of the Government and Environmental Services Company, and chief operating officer of the \$6 billion

Industries and Technology Group.

Most recently, Harvey was a director and vice chairman of Duratek, a company specializing in treating radioactive, hazardous, and other wastes. In his career, he has been involved in one or more phases of more than 20 major Department of Defense programs.

Harvey earned his doctorate in Metallurgy and Material Sciences from the University of Pennsylvania and his Bachelor of Science at the University of Notre Dame in Metallurgy Engineering and Material Science. He was a White House Fellow at the Department of Defense in the late 1970s.

Harvey succeeds Les Brownlee, who served as the acting Secretary of the Army for the past 18 months.

“I want to take this opportunity to express my gratitude to Secretary Les Brownlee for his leadership and stewardship of the Army over the past 18 months,” Schoomaker said. “I speak for the entire Army family when I say his tireless efforts - to build a campaign-quality Army with joint and expeditionary capabilities, to equip our Soldiers with the best equipment and to improve their quality of life - will have an impact on the Army and ensure we remain relevant and ready for decades to come.”

## AAFES opens largest shopping center in ROK, hundreds join festivities

By Steve Davis  
Area III Public Affairs Office

**OSAN AIR BASE** – The grand opening of the military’s biggest shopping center in Republic of Korea lured thousands of people to Osan Air Base Nov. 20, including many from Camp Humphreys. A busload of American even ventured from Daegu and elsewhere to see the largest base exchange on the peninsula.

Chief Warrant Officer 2 Bryan Boyd lifted his son Joshua onto his shoulders as crowds poured into the new 170,000 square-foot, \$26 million Army and Air Force Exchange Service shopping mall following a ribbon-cutting ceremony complete with confetti cannons.

During the ceremony, the AAFES Central Korea Region Manager H. Lee Holloway had described the new

facility as “retail-tainment,” entertainment in a retail setting.

“This new shopping center is going to be one of the best quality of life improvements on the entire peninsula. We are the flagship store for the Republic of Korea,” Holloway said.

Boyd agreed.

“It was a taste of home, a pleasant place to go with my family,” said Boyd.

The mall has a food court and dozens of separate businesses, including a community bank, post office, barber shop, beauty salon, tailor and clothing shops, one-hour photo service, an optical shop, military clothing sales and more.

Chief Warrant Officer 2 Darrell J. Newman from the 501st Signal Company at Camp Humphreys said the mall



*Shopper get their first glimpse at the new Army and Air Force Exchange at Osan Air Base.*

pulls together stores that were once at different locations across the large base.

“Before this base exchange opened, I would have to run  
See “Open” on Page 3

## MP Blotter

*The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.*

■ U.S. military police were recently notified of an assault. Two Soldiers were drinking an unknown amount of alcoholic beverages and became involved in a verbal altercation which became physical. During the altercation, one Soldier bit off the other Soldier's left ring finger above the first joint. The injured Soldier was transported to a urgent care center by his unit for treatment. He was then airlifted to 121st General Hospital for further treatment. The first Soldier was escorted to the MP station by his unit and then released to his unit. The second Soldier was released from 121st GH and returned to his unit. A MP investigation continues.

■ Recently, MPs were notified of a simple assault, drunk and disorderly conduct, provoking speech and gestures, and failure to identify oneself. An off-duty U.S. Soldier entered an installation through a gate and stumbled into a parked vehicle. MPs attempted to identify and to assist the Soldier, but he became belligerent, used profanity, racial slurs, refused to surrender his ID card and challenged the MP to show his ID card. The Soldier struck the MP in the chest and left arm while the MP detained and attempted to search him. The Soldier continued using obscenities, challenged the MPs and was combative throughout the apprehension. Other MPs assisted and placed the Soldier in hand irons due to his level of intoxication and hostility. The Soldier was transported to the MP station. During processing, he continued to use profanity and racial slurs and refused to be quiet. After the Soldier tried to push past an MP kicking the MP in the groin he was further restrained with leg shackles. MPs reported no injuries. A military police investigation continues.

## Court-Martial

### United States v. Pierre-Louis

On Nov. 2-3, a panel consisting of officers and senior noncommissioned officers sitting as a general court-martial tried a Soldier from Headquarters and Headquarters Company, 121st General Hospital for burglary and aggravated assault with a knife by intentionally inflicting grievous bodily harm on another Soldier in a barracks room. The panel found Sgt. Jean F. Pierre-Louis not guilty of intentionally inflicting grievous bodily harm, but guilty of assault with a dangerous weapon and burglary. The Soldier was reduced to the rank of E-3, ordered to forfeit \$1,585.50 and to be confined for 90 days.

## Program allows supporters to help troops

### Army and Air Force Exchange Service

**DALLAS** – With the holidays quickly approaching, many Americans are searching for ways to reach out to troops stationed overseas. Anticipating a rush of mail from well-wishers, the Department of Defense announced that, "Due to security concerns and transportation constraints, DoD no longer accepts items to be mailed to 'Any Servicemember.'"

Fortunately, those wishing to send support to troops overseas have another option. The Army and Air Force Exchange Service's "Gifts from the Homefront" and "Help Our Troops Call Home" programs allow anyone to make a direct contribution towards the morale of deployed troops without compromising security or increasing the strain on the military mail system.

DoD reports that some people have tried to avoid this prohibition by sending large numbers of packages to an individual servicemember's overseas address, which, according to the DoD, clog the mail system and cause unnecessary delays in delivery and military APO cannot guarantee delivery by a specific date due to processing constraints.

"Gifts from the Homefront" certificates, which can be purchased by any individual,

business or civic organization, allow troops to purchase items of necessity and convenience at PX and BX facilities around the world including 51 exchanges in Operations Iraqi and Enduring Freedom. The gift certificates may also be personalized with a message to troops who find themselves so far from home.

Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that place unnecessary strain on the military mail system and present Force Protection issues. Servicemembers can purchase exactly what they need with the certificates because they can be applied to a wide range of products. Reports from Iraq and Afghanistan indicate that the certificates are being used for the latest CDs and DVDs, comfort items such as snacks and beverages and phone cards for those all-important calls home.

AAFES' Commander Maj. Gen. Kathryn Frost says that "Gifts from the Homefront" and "Help our Troops Call Home" are excellent ways for all to show they care. "I encourage every American who is concerned about the welfare of deployed troops to buy a gift certificate or a phone card" said Maj. Gen. Frost. "While

these troops are doing superhuman tasks in countries half way around the world, we must remember that, after all, they too are human and the holidays can be a tough time to be away from friends and family. Something as simple as a \$20 Gift Certificate or \$39 phone card can deliver the much-needed 'connection home' troops crave during the holiday season."

Those wishing to send "Gifts from the Homefront" can log on aafes.com or call 1-877-770-4438. "Help Our Troops Call Home" phone cards are also available at aafes.com or by calling 800-527-2345. From there, the gift certificates and/or phone cards may be sent to an individual service member (designated by the purchaser) or distributed to "any servicemember" through the USO, American Red Cross, Air Force Aid Society or Fisher House.

"Gifts from the Homefront" and "Help Our Troops Call Home" phone cards can be addressed to "any servicemember" or individual servicemembers.

The gift certificates can be redeemed at any AAFES facility in the world including those in most exchanges in the Middle East.

The phone cards can be used at any of AAFES' sixty call centers throughout the region.

### Morning Calm Weekly Soundoff:

## What Winter travel plans do you have this year?



**"Going home to Puerto Rico"** — Spc. Analie Ortiz, Headquarters and Headquarters Company, Area III, Camp Humphreys



**"I'm planning on taking a few trips up north to snowboard."** — Spc. Beau Lescarbeau, Headquarters and Headquarters Company, Area IV, Camp Henry



**"Skiing in sunny Arizona"** — Senior Airman Robert Rickey, 607th Weather Squadron, Detachment 2, Camp Humphreys



**"I am going on a ski trip with some of my friends to a resort in Gangwon province."** — Song Sun-ik, Headquarters and Headquarters Company, 20th Support Group, Camp Henry

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Support and Defend

## NEWS &amp; NOTES

**Free DMZ Tour For Students**

Visiting and in-country high school and college students of Department of Defense military and civilian personnel, Department of State and DoDDS employees employees in Korea are invited to a free tour of the demilitarized zone and Joint Security Area 9:45 a.m. to 6:30 p.m. Dec. 30. The program includes historical briefings and tours of the third infiltration tunnel, Dora Observatory, Camp Bonifas and Panmunjeom. Reservations are required. E-mail [deleonc@korea.army.mil](mailto:deleonc@korea.army.mil) or call Nel de Leon, USFK Public Affairs Office at 723-4685 by Dec. 22. When calling from off-post, dial 0505-723-4685. Seats are limited.

**Toys For Tots**

The U.S. Marine Corps Forces Korea is conducting its annual charity drive. Toys will go to Army Community Service to those families who need assistance during the holiday season. Extra toys will be offered to local orphanages. The greatest need is for seven-12 year-old children. Drop offs are located at post exchanges, commissaries, schools and chapels from now until Dec. 23.

**Girl Scouts Registration**

Girl Scouts Overseas - Seoul are now registering. Troop meetings will begin soon. Those who are interested in being a Girl Scout this year or an adult volunteer, or would like more information, should contact Trudy Heard at 6355-5060 or e-mail [gscseoul@yahoo.com](mailto:gscseoul@yahoo.com).

**Scholarships for Military Children**

The Defense Commissary Agency's annual Scholarships for Military Children program is now accepting applications for the 2005 program. Applications can be found at base commissaries, or on-line at <http://www.militaryscholar.org>. They must be returned to the commissary by Feb. 16. One \$1,500 scholarship will be awarded at each commissary location with eligible applicants.

**Post Offices Updates**

■ Post offices will remain open on U.S. Forces Korea training holidays. Officials said for your mailing convenience, Army Post Offices will be open today. Contact your local post office for hours of operation.

■ The deadline for holiday mailing for first-class letters and cards sent to the United States is Dec. 11. For packages, officials recommend mailing before Dec. 4.

■ The deadline for holiday mailing for first-class letters and cards sent to Army Post Offices in Europe is Dec. 4. For packages, officials recommend mailing before Nov. 27.

For more information, visit your local post office.

**Morning Calm Submissions**

Send submissions for the Morning Calm Weekly to [morningcalmweekly@korea.army.mil](mailto:morningcalmweekly@korea.army.mil) or call 738-3355.

**Women's Basketball**

A Koreawide Women's Post Level Basketball League Game will be at the Camp Red Cloud Fitness center. Camp Red Cloud women's team will compete with Camp Carroll women's team. The game starts 6 p.m. Dec. 11 and 9 a.m. Dec. 12. For more information, call 732-6309.

# Preston attends KAFA party with servicemembers

By Pfc. Michael Noggle

8th U.S. Army Public Affairs Office

**SEOUL** — Nearly 500 people attended the Korean-American Friendship Association Thanksgiving and year-end party Nov. 23 at the Shilla Hotel here.

More than 300 servicemembers were honored by KAFA, who sponsored the event to recognize outstanding servicemembers on peninsula during the holiday season.

Servicemembers in attendance were greeted by Wang, Sang-eun, KAFA President, and Gen. Leon J. Laporte, commanding general of United Nations Command, Combined Forces Command, and U.S. Forces Korea. Also in attendance were Sgt. Maj. of the Army Kenneth O. Preston and U. S. Army Reserve Command Sgt. Maj. Michele Jones, who were touring military installations around the peninsula for the week.

"This is an important time right now for all senior leadership to get out and visit with Soldiers during the holiday period," Preston said.

This was Preston's second trip back to the Republic of Korea since being named the U.S. Army's top-enlisted Soldier.

"Tonight our U.S. servicemembers are being blessed by our Korean friends from the Korean-American Friendship Association by giving us a Thanksgiving meal," Laporte said. "I'm very fortunate to be hosting such a fantastic dinner, and I will tell you I am very thankful."

The crowd was treated to a buffet dinner and live entertainment from Eugene Park, violinist, and entertainer Hong, H.J. At the



Sgt. Maj. of the Army Kenneth O. Preston and retired Gen. Paik Sun-yup, share a toast during the KAFA Thanksgiving and year-end party.

end of the evening, prizes were donated from corporations in the ROK to the servicemembers in appreciation for all the hard work and dedication the military portrays.

"Tonight was a chance to say Happy Thanksgiving to all the Soldiers, sailors, airmen and Marines that are serving over here," Preston said. "It was a great event tonight."

"This is just a small token of appreciation for all that you've done," Laporte said. "Enjoy this evening as a reward for a job well done. We appreciate your efforts and strong support."

E-mail [micheal.noggle@korea.army.mil](mailto:micheal.noggle@korea.army.mil)

## Change coming to officer evaluation reports

By Alex Harrington

Area II Public Affairs Office

**YONGSAN** — Changes to Department of the Army Officer Evaluation Reports will affect company field grade and warrant officers, according to a military personnel message.

Under the change, senior officers now can focus on leadership development and counseling, enhance interaction and communication, establish appropriate performance objectives and improve ways in mentoring, educating and development leadership skills among company field grade officers, to include warrants.

"This change has been identified to allow our officer leadership to focus on

leader development and counseling at the company grade officer level," said Sgt. 1st Class Patricia Johnson, 8th Personnel Command public affairs officer. "The Army has determined that although counseling of junior officers is being done, it is not being done uniformly throughout the Army."

According to DA, the new change will also improve the rater's interaction and communication with their junior field grade and warrant officers.

"Senior Army leadership has initiated OER System Enhancements that will capitalize on a rater and senior rater's interaction and communication with their junior officers and junior warrant officers," said Johnson. "Subsequently,

this counseling and interaction will improve the officer's performance, while ensuring mission accomplishment.

"Additionally, the transition between the old and new requirements is simple and is designed to ensure that all company grade officers and warrant officers have an opportunity to establish appropriate performance objectives for their positions using the developmental support OER form," added Johnson.

For more information, call 724-6718 or go to <https://perscomd04.army.mil/MILPERmsgs.nsf/All+Documents/04-236?OpenDocument>.

E-mail [HarringtonA@korea.army.mil](mailto:HarringtonA@korea.army.mil)

## Laying the foundation



A bricklayer shapes bricks Wednesday at vehicle inspection area under construction near Gate 10 on Yongsan Garrison.

## Open

from Page 1

around to three or four different stores to do all my shopping. It was really frustrating trying to find a place to park," he said.

Newman said "it's great to have the largest exchange in Korea only 25 minutes away from Camp Humphreys.

"It used to be a big deal to stop by the PX at Yongsan Garrison in Seoul," he said. "Now my family and I look forward to shopping at the new Osan exchange as often as possible."

The food court seats more than 600 people and has video panels throughout broadcasting information and programs.

Senior Airman Sam Hall, from the 51<sup>st</sup> Civil Engineer Squadron at Osan Air Base, said he was amazed at the "incredible size" of the shopping mall. He and Senior Airman Melvin Lopez, from the 51st Dental Squadron, wasted no time taking advantage of opening day discounts. Each smiled as they lugged a large box with electronics gear from the BX.

Lopez said the new Osan exchange is even larger than the giant Travis Air Force Base store he was familiar with before coming to Korea several months ago.

"This is the biggest military store I've ever seen," said Lopez.

The Osan Shopping Mall is open from 9 a.m. to 9 p.m. seven days a week.

# Army updates sexual assault policy

By Sgt. 1st Class Shaun Herron  
Army News Service

WASHINGTON — New Army guidance on sexual assault prevention and response was released Nov. 12, and will be included in the upcoming revision of AR 600-20, Army Command Policy, in 2005.

The new guidance is one of several steps the Army has recently taken to re-emphasize that any offense of sexual assault is inconsistent with Army Values and Warrior Ethos, officials said.

In addition to the new policy guidance for commanders, the Army has launched a Web site at [www.sexualassault.army.mil](http://www.sexualassault.army.mil), to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault. Included in this Web site are links to training materials developed by Training and Doctrine Command.

Sexual assault prevention training will be part of initial entry training, semi-annual training, installation in-processing and pre-deployment training for all Soldiers. The Web site also includes links to additional resources for victims of sexual assault, and a checklist for commanders to help the recovery of sexual assault victims.

The newly launched Sexual Assault Web site and incorporation of the new Army guidance into AR 600-20 reinforces Army leadership's ongoing commitment to ensuring that adequate prevention programs and policies are in place, said Col. Paris Mack, chief, Human Factors

Division, Human Resources & Policy Directorate, G-1.

It will also ensure that Soldiers who are victims of sexual assault receive proper treatment, medical and psychological care; that the chain of command will provide full support, dignity and confidentiality to victims; and that any reported incidents of sexual assault will be, "fully investigated and acted upon through the military criminal justice system," Mack said.

These efforts are the first steps at incorporating the recommendations of an Army task force that conducted a 90-day detailed review of the Army's policies and programs on sexual assault. That task force issued an 80-page report with 24 recommendations to improve the system.

When looking for ways to improve the Army's policies and programs, the task force sought advice from outside agencies to include the Department of Veteran Affairs; National Organization of Victim Assistance; Rape, Abuse, and Incest National Network (RAINN); The Miles Foundation; Navy; Coast Guard; the University of Arizona and Purdue University in Indiana.

Both universities were given grants from the Department of Justice for their prevention programs, and the age category for Soldiers who report assaults and their assailants are in the same age category as the university students. Nearly 84 percent of alleged perpetrators were identified as junior Soldiers, and 95 percent of the victims were Soldiers in the rank of staff sergeant and below.

## Army families not responsible for utility bills

Army News Service

WASHINGTON — Despite what an official called confusing news reports, Army families in privatized housing will not be responsible for utility bills until at least the spring of 2006.

Technicians began reading utility meters last month for new and remodeled privatized housing at some installations, said Ivan Bolden, Residential Communities Initiative Program Manager for Policy.

Under RCI, about 40,000 family housing units at 15 installations have been turned over to private developers.

Bolden said the meters are being installed to collect data to determine a monthly allocation for utilities that will be supported by Soldier basic allowance for housing or BAH/rental payments. The data will be reviewed in March 2005, Bolden said, and then a "mock utility billing" program will begin sometime thereafter.

The mock billing period will accomplish several things: First it will help residents track their usage and consumption patterns; Second residents will receive monthly tips on

how to conserve; and finally, they will be offered training to help families learn to be more energy efficient, Bolden said.

The mock billing program is scheduled to last a year, Bolden said. After this period, he said the Army will make adjustments to the program and then begin the phase where Soldiers will be responsible for excessive use of their utilities. Even after billing begins, good conservation will mean that most families will not be required to send in payments, Bolden said.

Only those who use more than the average for that area and house type will need to pay the difference, he explained. Families that use less than the allocated rate may, in fact, earn a rebate, Bolden said.

"If you conserve, you can save money," he said.

Installations participating in the mock utility billing program include: Fort Carson, Colo., Fort Hood, Texas, Fort Meade, Md., Fort Bragg, N.C., Fort Stewart, Ga. and Fort Campbell, Ky.

For more information on the program, see "Mock utility billing aims to conserve."

AD  
GOES  
HERE

## Smokeout offers hope for nicotine addicts



PHOTOS AND ILLUSTRATIONS BY DAVID McNALLY

Master Sgt. Joshua McKnight, Headquarters and Headquarters Company, 2nd Infantry Division, puffs on what could be one of his last cigarettes.



Kenneth Cobb, Area I health promotion coordinator (left), talks about tobacco with Trisha Lopez, a Camp Casey family member. Lopez said she is ready to quit smoking.

By David McNally

Area I Public Affairs Office

He waits patiently outside the Camp Casey Post Exchange. He stands behind his photographs and display table, hoping for people to notice.

A group of Soldiers look at the pictures on the sign board.

"Oh my gosh," exclaims a female noncommissioned officer. Her hand goes to cover her eyes.

However, soon she looks on with morbid curiosity at a graphic photograph of a lung damaged by years of heavy smoking.

Kenneth Cobb, Area I health promotion coordinator, sees an opportunity and strikes up a conversation.

It is Nov. 18, the day of the "Great American Smokeout," and Cobb is doing his part to spread the truth about tobacco and its impact on health and military readiness.

"What I'm doing out here is promoting the idea of people giving up tobacco," Cobb said. "I want to let people know there are avenues they can take to be free of tobacco."

Cobb teaches regular smoking cessation classes at Camps Casey and Red Cloud. But the Great American Smokeout is different.

"Today is special because it's a coordinated effort by health care professionals to raise awareness," Cobb said.

There are always "diehards," Cobb said, who don't want to hear about quitting.

"But, we want to help the people who are ready to give up tobacco," Cobb explained. "Once people start to think about quitting, they may cross over and get serious about giving it up."

Trisha Lopez, a Camp Casey family member, said she started smoking when she was 18.

"My husband smokes a lot," Lopez said. "Every time he smokes a cigarette, I smoke a cigarette. I came here (to Korea) and went up to a pack a day."

Lopez said a pack costs about \$6 in the states, and about \$4 on U.S. military installations.

"I started smoking Korean cigarettes because they only cost about \$2 a pack," Lopez said.

Lopez was interested in quitting though, and talked with Cobb about smoking cessation classes.

Master Sgt. Joshua McKnight has smoked cigarettes since his sophomore year in high school.

"I think it's a nasty, bad habit," he



*"My kids already told me I can't go back home without giving up smoking."*

-Master Sgt. Joshua McKnight



*"I came here and went up to a pack a day."*

-Trisha Lopez

## NEWS & NOTES

### Warrior Band Vocalist

The 2nd Infantry Division Warrior Band is seeking a female vocalist. Applicants must be private first class or higher and have at least six months left in Korea. Those interested contact band operations at 732-6695 or email: 2idbands3ops@korea.army.mil.

### Letters To Santa

Soldiers can write to Santa at:

Santa's Mailbag  
354th OSS/OSW  
2827 Flightline Ave. Suite 100B  
Eielson AFB, AK, 99702-1520

There is no cost for the letters, but self-addressed stamped envelopes or donations made out to "Santa's Mailbag" to help defray the cost of postage and supplies are accepted.

### Stand-Down Days

The 2nd Infantry Division will stand-down to conduct training about safety issues and risk management, on- and off-duty, for the Division Safety Day Dec. 10. The 2nd Infantry Division will stand-down to conduct training about command priorities and messages for New Horizons Day Jan. 11.

### Junior-Enlisted Seminar

All Area I sergeants and staff sergeants must attend the Junior Enlisted Seminar 8 – 11 a.m. Dec. 1 at Mitchell's annex room.

### Drinking Age Change

The legal drinking age for servicemembers in Korea is now 21. No one under 21 years of age may purchase, possess, consume or be served alcoholic beverages, on or off any military installation, in any clubs, or in any military activity in the Republic of Korea. For more information, see U.S. Force Korea Command Letter 46.

### Tree-Lighting Ceremonies

Area I installations will hold Christmas tree-lighting ceremonies at the following installations:

- 5:30 p.m. Dec. 2 at Camp Stanley
- 5 p.m. Dec. 8 at Camp Casey
- 5:30 p.m. Dec. 10 at Camp Page
- 5 p.m. Dec. 17 at Camp Red Cloud

### Holiday Project

Area I Army Community Service is conducting the Annual Holiday Project now through Dec. 15. The project provides commissary vouchers during the Christmas holiday for designated Soldiers with family members in Area I. Contact your unit commander or first sergeant to make a donation, or contact your local ACS for more information.

### Dallas Cowboy Cheerleaders

The Dallas Cowboy cheerleaders will be at Camp Casey's Carey Physical Fitness Center 7 p.m. Dec. 15 and the Camp Stanley PFC 7 p.m. Dec. 18 for a performance and autograph signing.

### Volunteer Luncheon

Area I Army Community Service will host the Volunteer of the Quarter Luncheon 11:30 a.m. Jan. 19 at Camp Casey Warrior's Club.

### Holiday Concert

The 2nd Infantry Division Band will play a holiday concert 7p.m. Dec. 22 at the Uijeongbu Arts Center, near City Hall. For additional information, contact Cpl. Lee Seung-joon at 732-6704.

# Area I post offices offer help

## Holiday season starts postal rush hour

By Capt. Stacy Picard

Detachment A, 509th Personnel Services Battalion

**CAMP CASEY** – Post offices peninsula-wide celebrated the beginning of the holiday mailing season earlier this month. This year, more than 250,000 pieces of mail are expected to flow through Area 1 post offices.

"It stands to reason that the volume may be less this season, with 4,000 fewer Soldiers in the area, but mail volume is hard to forecast," said Lt. Col. Alan Bernard, 509th Personnel Services Battalion commander.

The mailing season began Nov. 5 and runs until Dec. 23. During last year's season, Area I Soldiers, civilians and family members sent more than 100,000 pieces of mail.

"Our satisfaction is in knowing we provide Soldiers of Camp Casey the means to communicate with their family during the holidays," said 2nd Lt. Brad Anderson, Camp Casey postal officer. "It is tremendously important now, more than ever, given the high tempo of deploying soldiers."

Recent deployments and unit moves have altered the mail flow already and could cause unexpected delays. Soldiers,

civilians and family members are encouraged to mail early in order to ensure cards and packages arrive at their destination in time for the holidays.

Staff Sgt. Giovanni Ciccica, Company E, 702nd Ordnance Battalion, took this advice. Ciccica was the first Soldier at the Camp Casey Post Office to mail a holiday package. Due to his pending departure from Korea, he said it was the perfect time to mail off his parcel. A lobby monitor stood by, ready to assist as Ciccica filled out his customs form.

Lobby monitors answer questions and assist customers in filling out the proper forms. Postal officials implemented the program a few months ago as a tool to make mailing experiences more productive for customers.

Monitors are present during high volume periods and will be available throughout the holiday mailing season.

To meet the needs of all customers, post offices have extended hours and attached reserve Soldiers to assist during the season. As part of overseas deployment trainee program, reserve Soldiers are tasked out to support a variety of units. These Soldiers assist in daily postal operations.

"(The reserve) Soldiers play a major role in processing the high volume of incoming and outgoing mail during this mailing season," said Sgt. 1st Class Jay Bartholomew, Camp Casey Post Office noncommissioned officer in charge. "They are doing a superb job."

"Having these additional Soldiers really helps us out, and it's also great training opportunity for them," he said. "They are exposed to a new environment here in Korea and will leave with a new outlook on how we do things."

Besides mailing early, postal officials recommended customers clearly print return addresses and the receiver's address; use the nine-digit zip code for the package to arrive sooner; ensure the customs form is present and accurately filled out; address packages before arriving at the post office, and ensure your contents do not violate any postal regulations.

For more information on extended hours and mailing procedures, visit an Area I post office.

E-mail stacy.ann.picard@korea.army.mil



PHOTO BY CAPT. STACY PICARD

Staff Sgt. Giovanni Ciccica, Company E, 702nd Ordnance Battalion, prepares to mail holiday boxes home at the Camp Casey Post Office.

# Library showcases new technologies

By David McNally

Area I Public Affairs Office

**CAMP RED CLOUD** — Warriors interested in testing out the most modern desktop operating system in the world can now visit the Camp Red Cloud



PHOTO BY DAVID MCNALLY

Dan Sadowitz, library director, unpacks a new Apple PowerMac G5 workstation Nov. 16 at the Camp Red Cloud Library.

Library. The facility unveiled two Apple PowerMac G5 workstations Nov. 16.

"Our intent is to showcase new technologies," said Dan Sadowitz, U.S. Army Garrison, Camp Red Cloud library director. "We also hope to offer classes in digital-video editing, photo manipulation and the Mac operating system."

The library already offers 10 personal computers, which run the Microsoft operating system. Customers use these computers for e-mail, Web surfing and gaming.

The two new computer workstations are unique. They do not run Microsoft Windows.

The Macintosh operating system, Mac OS X, combines an open UNIX-based foundation with the Macintosh interface.

The computers use dual 64-bit 1.8 GHz processors, with 768 MB of RAM. In other words, they are extremely fast.

Apple offers a computing experience many people know nothing about, Sadowitz explained, because of the dominance of Microsoft Windows.

"Hopefully, this will show people

what else is out there," he said.

Sadowitz requested the computers from educational funding. The G5 workstations cost about \$2,500 each.

Apple computers represent a niche market for the home user, but the company dominates among audio and video production, design and print professionals.

"From what I've seen, the computers are rock solid, rarely crash, and are very powerful," Sadowitz said.

The Camp Red Cloud Library hopes to conduct video editing seminars.

"It may soon be possible for Soldiers with digital video cameras to come to the library, plug in their camcorders, edit videos and burn DVDs," Sadowitz said.

As soon as the library acquires the software, Sadowitz plans to offer seminars in Adobe Photoshop.

Sadowitz wants installation libraries to become a center of entertainment for Soldiers.

"My goal is for the library to be a fun place to visit," Sadowitz said. "There are a lot of possibilities out there."

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# Warriors honor Native Americans

By Pfc. Stephanie Pearson  
Area I Public Affairs Office

**CAMP RED CLOUD** — Warriors gathered at Camp Red Cloud's Mitchell's Club Nov. 17 to celebrate Native American Heritage Month.

"It took more than 80 years for the United States to establish Native American Heritage Month," said Capt. Jon Althoff, Headquarters and Headquarters Company, 2nd Infantry Division. "Observing and recognizing segments of our national culture is important to us as Americans, and in particular to those of us serving in the military, as we stand together as people. We are always greater than when we stand apart and alone."

Althoff explained how Native Americans have proudly served in the military since 1778, when Gen. George Washington said they could serve as "excellent scouts and like troops." Since then, many Native Americans have fought bravely in U.S. conflicts, from the Revolutionary War to present-day Iraq.

"I'd like to focus on three individuals who might have walked the very same ground as you and I," he said. "I'm speaking of three Native Americans who



PHOTO BY PFC. STEPHANIE PEARSON  
Capt. Jon Althoff, speaks at the Camp Red Cloud Native American Heritage Month luncheon at Mitchell's Club Nov. 17.

were awarded the Medal of Honor for their actions in the Korean War."

Althoff, whose mother is Chippewa Indian, went on to tell the tales of Pfc. Charles George, Capt. Raymond Harvey and Cpl. Mitchell Red Cloud, who the installation was named after.

George was awarded the Medal of Honor for throwing himself on a grenade, saving two Soldiers, near Songnae-Dong, Korea, Nov. 30, 1952.

He survived the initial blast, but died of his wounds at the aid station.

Harvey, a company commander, single-handedly neutralized three enemy emplacements while under intense fire near Taemi-dong, Korea, March 9, 1951. Though wounded, he continued to direct his platoon in the reduction of the remaining hostile positions and refused evacuation until he was certain the mission would be accomplished. He survived to receive his Medal of Honor Aug. 2, 1951.

Red Cloud, a Winnebago Indian from Wisconsin, distinguished himself in battle near Chonghyon, Korea, Nov. 5, 1950. According to his Medal of Honor citation, Red Cloud was the first to detect the approach of the Chinese Communist forces on the company command post. Red Cloud gave the alarm as the enemy charged from a brush-covered area less than 100 feet from him. Springing up, he delivered devastating, point-blank automatic rifle fire into the advancing enemy, halting their assault and gaining time for his

company to consolidate its defense. Severely wounded by enemy fire, Red

Cloud propped himself up against a tree and continued firing until he was fatally wounded. His actions that day stopped the enemy from overrunning his company's position, and gained time for reorganization and evacuation of the wounded.

He was posthumously awarded the Medal of Honor July 2, 1952. The medal was presented to his mother, Nellie Red Cloud, by Gen. Omar Bradley, chairman of the Joint Chiefs of Staff. Red Cloud's younger brother, Randall, was killed two years before while serving in the Army.

"The acts of these three Soldiers are not common solely by the fact that they are Native Americans, but they are part of our military history," Althoff said. "We honor them by remembering their sacrifice, and by paying respect to all Native Americans who have and continue to wear the United States military uniform."

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## Government gear for official use only

**Indianhead Division campaigns for accountability of property**

By Pfc. JeNell Mattair  
2nd Infantry Division Public Affairs Office

**CAMP RED CLOUD** — Second Infantry Division officials recently stressed a new emphasis for Soldiers and civilians to protect and conserve government property.

"Misuse of government property is wrong, because it takes away from the effectiveness of the Army," said Sgt. Shawn Earle, Headquarters and Headquarters Company, 2nd Infantry Division. "The more we have to

spend on items that are misused, the less we will have to spend on items that may save a life."

Government property such as computers, printers, faxes and telephones are paid for with taxpayer funds. These items are provided for missions and official duties. Officials renewed emphasis that they are not for personal convenience and personal activities.

Soldiers also contribute to misuse of government property by unlawfully using cleaning and office supplies.

Excessive personal phone calls during duty

See "Misuse" on Page 8



PHOTO ILLUSTRATION BY DAVID McNALLY

A Soldier uses a government computer for personal use, but officials stress the systems are for official duties.

## Bataan Memorial Death March presents challenge

Army News Service

**WHITE SANDS MISSILE RANGE, N.M.** — Army officials announced details on the 2005 Bataan Memorial Death March to be held here March 20.

The memorial march recognizes the sacrifices made by thousands of U.S. and Filipino service members overwhelmed by the Japanese in the Philippine Islands during World War II.

Bataan Memorial Death March information and registration is available online at [www.bataanmarch.com](http://www.bataanmarch.com). There is a limit of 4,000 marchers.

The 26.2-mile march starts on the Army installation's main post, crosses hilly terrain, winds around a small mountain and returns to the finish line through sandy desert trails and washes. The elevation varies from about 4,100 to 5,300 feet. While marathon length, the memorial march is not a sanctioned marathon.

The event is open to military (active-duty, Reserve, National Guard, ROTC, JROTC or retired) and civilian teams and individuals in either heavy or light divisions. Military personnel marching in any military category must wear full field gear. Civilian marchers in any category should wear attire appropriate for a road march through desert terrain. All marchers entered in heavy division categories must also carry a 35-pound rucksack.

Teams must consist of five people. All five marchers must cross the finish line together.

The cost is \$40 for individuals and \$150 for a five-person team.

Deadlines are Feb. 19 for entry forms received by mail, Feb. 25 for entry forms received via fax

See "Bataan" on Page 8

## Smokeout

from Page 5

said, as he puffed on a cigarette. “When I look at this and see what it does to the human body, it makes me want to quit.”

McKnight made plans to see Cobb at the next Camp Casey smoking cessation class.

“My kids already told me I can’t go back home without giving up smoking,” McKnight said.

Smoking cessation classes are part of an Army-wide program to aid Soldiers interested in becoming tobacco free. The training is only part of the package. Army clinics also offer medical treatments.

Through products like nicotine patches and chewing gum, and even oral medication, Warrior Country health officials said they feel they offer a viable path to quit smoking.

“In Warrior Country, I estimate we have a 62-percent success rate among the smokers who have responded to our surveys,” Cobb said.

Cobb’s classes highlight medical facts about the effects of tobacco on the human body. He also emphasizes the challenges of changing human behavior.

“Nobody’s going to be over you to threaten you to stay away from tobacco,” Cobb said. “But, if you can give up tobacco, you can’t help but feel good about yourself.”

Cobb said people who want more information on giving up smoking can contact him at 730-3542.

“If we can touch five, 10 or 20 people, that is what we want to do,” Cobb said.

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## Bataan

from Page 7

and March 10 for on-line registration. If the 4,000 participant maximum is reached before any of these deadlines, all forms of registration will close.

Registered participants will receive a commemorative t-shirt, a commemorative timing chip, a certificate, pre-event continental breakfast and post-event meal. Those who finish the march will receive a commemorative dog tag.

Military team categories are: Male Military Light Team, Male Military Heavy Team, Female Military Light Team, Female Military Heavy Team, Coed Military Light Team, Coed Military Heavy Team, National Guard Light Team, National Guard Heavy Team, ROTC Light Team, ROTC Heavy Team and JROTC Light Team. For those not in the military, team

categories are: Male Light Team, Male Heavy Team, Female Light Team, Female Heavy Team, Coed Light Team and Coed Heavy Team.

Individual military categories are: Male Military Light, Male Military Over 40 Light, Male Military Heavy, Female Military Light, Female Military Over 40 Light and Female Military Heavy. For those not in the military, individual categories are: Male Light, Male Over 40 Light, Male Heavy, Female Light, Female Over 40 Light and Female Heavy.

For information about the march call the White Sands Missile Range Community Recreation Division at 505-678-1256 or the Public Affairs Office at 505-678-1134. For questions and comments, e-mail bataan@wsmr.army.mil.

## Misuse

from Page 7

hours, checking unofficial e-mail and taking cleaning supplies that are purchased with government funds are all examples of misuse.

“It is stealing,” Earle said. “If a Soldier gets caught stealing in the Army he may face (Uniform Code of Military Justice punishment). That hurts the Army, because you lose manpower and time you need to accomplish the mission.”

When a Soldier misuses government property, he damages his organization’s budget, Earle said. Each unit has a certain amount of money to spend. If Soldiers use the items for personal reasons, the organization must continue to restocking the items.

“When we really need that tire for a vehicle that needs to deploy to Iraq, there is no money to pay for it because we had to keep restocking those misused items,” Earle said. “As a Soldier, I would tell my friends to buy their own supplies and help keep the effectiveness of the military in tip-top shape.”

The Army’s leadership can do a number of things to prevent misuse, said Capt. Joshua Berger, 2nd Infantry Division office of the staff judge advocate.

“They can educate their Soldiers as to what is authorized and what is not,” Berger said. “Of course they should also lead by example.”

Leadership can also establish clear guidelines and procedures, he said.

“They can enforce the rules and standards so that people who violate the rules are handled properly,” Berger said.

“The basic principle is that we should use Army money for the Army’s mission and not for personal gain,” Berger said.

Consequences range from a letter of reprimand to court martial, depending on the severity of misuse.

Soldiers may feel misusing government supplies is not a big deal because they think the Army has money to burn, he said.

A Soldier may be tempted to misuse government property under certain circumstances.

“It may be cold outside, and you have the vehicle keys,” Earle said. “You need something from the PX and you think no one will find out, so you drive there. You know it is wrong.”

Officials stress that misuse of government property is never okay.

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## A time to reflect: Thanksgiving message

By Timothy K. McNulty  
Commander, Area II Support Activity

**YONGSAN** — While you read this, I hope you are enjoying a relaxing time with your family and friends during this Thanksgiving holiday, and more importantly taking the much needed time off from your mission. Each year, Thanksgiving



McNulty

affords us an important opportunity to pause and enjoy a day of rest, relaxation, and fellowship with those who we care about most. This year, these treasured moments are even more meaningful as we also remember our fallen comrades and those who have been wounded while serving in Iraq, Afghanistan and other places around the world. The sacrifices made by so many Americans, including you, lead me to appreciate and hold even more dearly the benefits of living and working in a free society.

Thanksgiving is also a time for families to join in celebration. Our military families have long provided strength and values to those serving our nation. It is only right that we acknowledge our appreciation for them, as we also celebrate Military Family Week during this period, Nov. 21-27.

So as you celebrate Thanksgiving, please take the time to recognize the vital contributions of our military family members. We know we do not serve alone. For just as those on active-duty sacrifice and dedicate themselves to honorable service, our families also sacrifice and make invaluable contributions to the well-being of our nation.

I am so proud of our military family! And so to all of you—uniformed, civilian and family members, to include our Korean friends as well, I offer special thanks for the work that you are doing for the citizens of our great nation and for the Republic of Korea. I wish all of you and your loved ones a safe and Happy Thanksgiving holiday.

## Soldiers earn degrees while serving country

By Alex Harrington  
Area II Public Affairs Office

**YONGSAN** — This week Area II Yongsan Education Center is celebrating the 83rd annual observance of American Education Week, Nov. 14-20, by honoring five servicemembers who have obtained their degrees while on serving on active duty.

“These servicemembers, and many others, have gone to great lengths to pursue their education,” said Lorene Hopkins, education services specialist.

The Soldiers were Sgt. 1st Class Anthony Mosley, graduate of Baker College, Flint, Mich.; Sgt. 1st Class Steven Humes, graduate of University of Maryland; Pfc. Comron Fallahian, graduate of Central Texas College; Sgt. 1st Class Darryl Norton, a graduate from Central Texas College and Staff Sgt. Crystal Yvonne Lloyd, a University of Maryland graduate.

One of the significant challenges while pursuing a degree program in the military is the ongoing demands of field training, especially when the Soldier has to participate in a field-training exercise at the same time they are taking a college class.

“Deployments and field training prevented me from pursuing my degree further until I was reassigned back to the Republic of Korea in 1996,” said Humes. “I jumped back into college with the University of Maryland University College with a course on Korean language. My goal at the time was to pursue a certificate in Korean Studies, but I soon realized that I could earn my Associate of Arts degree in Korean Studies.”

To help deal with the challenges

and demands that each Soldier faces, the Yongsan Education Center implements a variety of programs to continue educating Soldiers to meet the challenges of leadership in the future.

“We offer a variety of programs and opportunities for Soldiers and civilians to continue

their education in obtaining their college degree, GED, certification or licensure,” Hopkins said. “Our programs take into consideration Soldier’s busy career and personal time, whether leisure or with family.”

For more information about continuing education while on active duty, visit your local education center or go to <https://www.ArmyEducation.army.mil/>. For information about American Education Week, visit <http://www.nea.org/aew/>.

[harringtona@korea.army.mil](mailto:harringtona@korea.army.mil)

*“These servicemembers, and many others, gone to great lengths to pursue their education.”*

## Brigade volunteers, assists at school

By Pfc. Rodney Carriero  
1st Signal Brigade Public Affairs Office

**YONGSAN** — Twenty-five soldiers from the 1st Signal Brigade read books to children at Seoul American Elementary school as part of a Celebrity Reading program.

The focus of the event was to “help kids learn more about reading, to have more interest in reading” said Megan Connelly, student council vice-president.

“We want students to feel more comfortable and confident with reading” Leah Thompson said.

Sgt. Maj. Carolyn Cooper, the brigade operations sergeant major, said the brigade’s volunteers took it upon themselves to “help the next generation realize the importance of reading.”



PHOTOS BY PFC. HWANG DONG-HYUN

Sgt. 1st Class Darryl Weeks, an operations noncommissioned officer in the 1st Signal Brigade operations section, describes an illustration to students at Seoul American Elementary School during the school's Celebrity Reading program Nov. 16.

Right: Col. Lawarren Patterson, the 1st Signal Brigade commander, reads “Spaghetti and Meatballs for All,” a book that shows how math can be used in real life to 4th graders at Seoul American Elementary School during the school's Celebrity Reading program Nov. 16. The program is an annual effort to develop an interest in reading among children.



PHOTOS BY PFC. HWANG, DONG-HYUN

## NEWS & NOTES

### Red Cross Bake Sale

The American Red Cross Yongsan Station is sponsoring a Christmas bake sale to benefit the 121st General Hospital. The bake will be 7:30 a.m. - 2 p.m. Dec. 8 at the hospital foyer.

### Commander's Hotline

A Commander's hotline e-mail address, areaitownhall@korea.army.mil, is available. For more information, call 738-5017.

### New Hours at Yongsan Commissary

Yongsan Commissary new holiday hours.

Monday	Open	10 a.m. - 7 p.m.
Nov. 25 - 26	Closed	
Dec. 20	Open	10 a.m. - 7 p.m.
Dec. 24	Open	10 a.m. - 6 p.m.
Dec. 25	Closed	
Dec. 27	Open	10 a.m. - 7 p.m.
Dec. 31	Open	10 a.m. - 6 p.m.
Jan. 1	Closed	

### ACAP Briefing

If your unit is in Area II and you would like an ACAP briefing at your facility, contact the ACAP manager, Laddie Broz. Briefings usually last about one-half hour depending on unit participation. They can be held 8 a.m. - 5 p.m. Monday through Friday. For more information, call 738-7322.

### Army Substance Abuse Program

Army Substance Abuse Program provides comprehensive substance abuse treatment as well as prevention training and education for all residents in Yongsan and Area II. ASAP is located in Building 5531. For more information, call 736-5060.

### Post Offices Open on USFK Training Holidays

Army Post Offices will be open today. For more information, contact your local post office.

### New Hours at Collier Field House

The new hours at Collier Field House are 5 a.m. - 11 p.m., Monday - Friday and 24 hours a day on Saturdays, Sundays and holidays.

### Warrior Rocket

The Engagement Skills Trainer on Camp Stanley is located right beside the Thunder Inn Building 2249. The EST offers training on a variety of weapons systems: M-16A2, M-203, AT-4, M-9, M-4, M-240 and the M-249. It also offers a variety of real life situations: night firing, NBC firing, close combat, military police scenarios, and plenty of other training scenarios. The EST is usually open from 9 a.m. to 4 p.m. Monday-Friday. Call Staff Sgt. Staley at 732-4606, 732-5353 or go to Public Folder, Korea Public Folder, Unit Folder, 2ID Folder, DIVARTY Folder, DIVARTY S-3 Folder, EST Folder and Usage Calendar for more information.

### Pet Care Center

Customers going on permanent change of station or having other emergencies may make special arrangements with the Pet Care Center for early, late, holiday or normal closing for early pick-up from the Pet Care Center. Pick-up from the Pet Care Center is the only service that will be provided on authorized closing days. For more information, phone the Pet Care Center at 736-6426 or the POC at 738-5254.



# A Woman's work

By Seo Ki-chul

Area II Public Affairs Office

**YONGSAN** — Light is just starting to make an impression upon the Land of the Morning Calm, when the head of the benefits and entitlements section at the Civilian Personnel Advisory Center here arrives at work.

At 8 a.m., Collette Newman is taking her first sip of her daily morning cup of coffee. It isn't long until the first customer is walking through the door.

"Usually by 8:15 a.m. I have my first customer," Newman said.

Newman's job is like many. Trapped behind a computer, playing phone tag while dealing with sometimes unhappy customers, she provides guidance to civilians on finding jobs and permanent change of station, among other duties.

"I try to be as polite as I can," the 13-year veteran to government service said. "Some people are frustrated because they didn't get the job they wanted...it helps to put them at ease."

While some might not be able to deal with the idea of "the customer is always right," Newman said her patience with people is "just something I've acquired over the years."

## The Newman File

**Name:** Collette Newman

**Position:** GS-14, Section leader, Civilian Personnel Advisory Center

**Hometown:** New York City

**Time in Korea:** 3 years (2 in Daegu, 1 in Seoul)

**What she thinks about Korea:**

"Korea is a place of it's own. There's definitely a lot to do here."

**What she thinks about others:**

"I don't understand people who don't do the right thing. Treating people with respect and dignity is something that everyone should do."

**What others think about her:**

"She is a dedicated professional."



PHOTOS BY SEO KI-CHUL

She knows her job and she is good at explaining things to people so that they understand them. She's also a very outgoing person."

—Ken Starks, CPAC

When she isn't working, the New York City native is working toward the completion of a degree in human resource management at the University of Maryland's satellite campus at Yongsan.

Newman also self-teaches herself Korean along with teaching others RESUMIX at the Army Community Services Center.

The 5 o'clock hour is approaching, and this dedicated worker is shutting

down her computer. Another customer stumbles in the door talking about how grateful they are to have made it inside the door.

With a smile she asks, "Can I help you?"

"You can say whatever you want when they walk out the door," Newman said. "But in the end, it's all about helping people out."

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## Healthy eating: Parents should lead the way

By Maj. Lori Sydes

Nutrition Consultant, 18th Medical Command

**YONGSAN** — Being a model seems like such a glamorous life. Jetting off to exotic places, wearing fancy clothes and having a big, fat bank account to boot! For most of us however, being a super model is not a viable occupation. But if you have children, you are a model...a role model.

Unfortunately, when it comes to weight, our children are experiencing what many adults experience...an expanding waistline. In 1999-2000, the most recent year of data, more than 15 percent of 6 to 19-years-olds were overweight and

more than 10 percent of 2 through 5-year-olds were overweight. Presently, 9 million children over 6 years of age are considered obese.

In 2001, the U.S. Surgeon General issued the "Call to Action to Prevent and Decrease Overweight and Obesity" to ensure public health initiatives start targeting this problem. The causes for this rapid rise in children's weight are inter-related and complex. It is the result of changes in eating habits as well as activity level. Our children's portion sizes have increased and physical activity has decreased. Some estimate total screen time (television, video games and

See "Food" on Page 11

## Food

from Page 10

computer) for school-aged children to be 6.5 hours daily.

The more time kids are in front of a screen the less active they are. In addition, children consume more soft drinks than ever before. Children are also eating more of their meals away from home, with fast-food restaurants accounting for more than half of those away-from-home meals.

### Ways you play a critical role

As parents and caretakers, what can you do? A lot! Parents play a critical role in a child's eating habits. Parents are the policy makers for the home. You promote healthy habits and alter unhealthy ones. You have the primary responsibility of what kids eat, where and when they eat it. In other words, you have a responsibility to present a variety of healthy foods. And as we all know, presentation is everything when it comes to kids.

### But my kids won't eat vegetables

Many parents lament that their kids don't eat vegetables. My question... "Do you eat vegetables?" Studies show that children's food preferences are shaped by what their parents eat. Chances are that as a parent, your eating habits could stand some improvements. An easy way to check is to simply write down everything you ate yesterday. Now get the food guide pyramid out and place tick marks in the pyramid for each serving of a food group that you ate yesterday. Did you get at least 3 servings from the vegetable group? A serving from the meat group is 2-3 oz. How many servings from the meat group did you eat yesterday? Set a few simple goals for yourself and then "model" your behavior for your kids.

### If At First You Don't Succeed...Try Again

Is your child still holding their nose at anything green? We all know children won't eat what they don't



like. But what foods they like depend greatly on what he or she has been exposed to. Studies show that when you repeatedly offer a new food, you increase the chance that your child will accept it. So be vigilant, Junior may surprise you.

Here are some more modeling tips.

■ Try to have one family meal together every day.

■ Use the Food Guide Pyramid as a guide in menu planning for the whole family.

■ Involve your children with reading food labels, encouraging food choices based on fiber or fat content.

■ allow your child to express hunger and fullness and praise your child when they respond to his or her own internal cues.

If you would like more information about feeding your child, contact a registered dietitian located in the Nutrition Clinic at the 121st General Hospital, DSN 737-5521.

**Editor's note:** Maj. Lori Sydes has been a practicing dietician with the U.S. Army for 14 years. She served a one-year internship at Walter Reed Army Medical Center and holds a Bachelor's of Science degree from the College of Saint Benedict.

## Experience Greater Seoul

### USO Tours

■ Kyungju 3 Days 2 Nights Tour – Today - Sunday

■ Mt. Soerak Overnight Tour – Today, Sunday

■ Seoul City Night Tour – Saturday

For more information, call the Seoul USO office at (02)-792-3380 or go to [www.uso.org/korea/](http://www.uso.org/korea/)

### Royal Asiatic Tour

■ Inner Soerak & South Sorak Rhapsody Tour – Saturday - Sunday

■ Shopping Spree Tour – Dec. 11

■ Munkyeong Pass Hiking and Miruksa(in Soeraksan) Tour – Dec.12

■ Magok-sa and Kakwon-sa Temple Tour – Dec.18

■ Kyeryong-san National Park Hiking Tour – Dec.19

For more information, Call (02)-763-9483 or see Web site about Royal Asiatic Society events.

### Entertainment

■ Concert – Korea Senior Orchestra Concert will be held 7:30 p.m. Saturday in concert hall at Seoul Arts Center. For more information, call (02)-581-5801.

■ Exhibition – Black and White Paintings and Actual Lands will be held 11 a.m. to 7 p.m. Today - Tuesday in Hangaram Art Museum at Seoul Arts Center. For more information, call 925-0291.

■ Exhibition – The universal design exhibition will be held 11 a.m. to 7 p.m. until Dec. 12 in Hangaram Design Museum at Seoul Arts Center. For more information, call (02)-580-1648



## Community Events, Classes and Meetings

### **American Projects Program**

The Armed Forces Spouses' Club seeks to support worthy projects or needs. Through its American Projects program, AFSC donates to organizations serving the USFK population including Soldiers, DoD civilians and their families who reside in the community. The Chosun Gift Shop generates the available money. Any organization or individual that serves the USFK population may request assistance from AFSC. Please allow two months to process your request, and include the following information: (1) full description of the project for which you are requesting assistance, (2) a description of the population that this project will benefit, (3) an explanation of all efforts that have been made to raise the funds for this project, (4) dollar amount

requested and an itemized list of how the funds will be used, (5) a point of contact, with phone number and e-mail address in case additional information is needed. To submit a request call the AFSC American Projects Chairperson, Nancy Donahue at 736-5236 or e-mail AFSCAmericanProjects@yahoo.com.

### **Health and Safety Services**

There are a variety of courses scheduled by American Red Cross. The programs are Infant and Child CPR, 6 p.m. - 9 p.m., Dec. 8 -9, ARC Orientation, 9 p.m. - noon, Dec. 13, Baby sitting, 9 a.m. - 3 p.m., Dec. 18. To sign up, go to the ARC office upstairs in the Moyer Community Services Center. For more information, call 738-3760.

### **Alpha Phi Alpha Fraternity Inc. Information Seminar**

Alpha Phi Alpha Fraternity Inc. will host an "Information Seminar" to provide information about the fraternity to those interested in becoming members 2:30 - 5 p.m., Nov. 27, at the Army Community Service classroom, Building 4106, Yongsan South Post. For more information, call 736-7322.

### **Become a better speaker**

Learn to become a better speaker through Toastmasters, every Tuesday, 7 p.m., held at the

Moyer Community Services Center, 2nd Floor Red Cross conference room. For more information, call 011-9228-4175 or e-mail mnetttrour@mailblocks.com. Toastmasters is a public speaking club; dedicated to improving member's public speaking and leadership abilities. You can find out more about Toastmasters, by visiting their Web site: <http://www.toastmasters.org>.

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### **Meeting for overweight people**

Weight management support group meetings are 6:30 - 7 p.m. the first and third Mondays of each month. For more information, 736-3029.

### **AFSC looking for volunteers**

American Forces Spouses Club is looking for volunteers to give back to the community. For more information, call 738-7327 or 736-8119.

### **Royal Asiatic Society**

Lecture meetings are held in the Daewoo Building, 8th Floor (near Seoul Train Station). For more information, call 02-763-9483.

## Religious activities

### **Men's Speaking Tres Dias Weekend**

The 43rd Men's English speaking Tres Dias will be Dec. 2-5, at the Religious Retreat Center. Obtain applications on-line at [www.seoultresdias.org](http://www.seoultresdias.org) or at the South Post and Hannam Chapels. For more information, e-mail Edward.Salazar1@korea.army.mil or Edward.Salazar1@us.army.mil.

### **Prayer Breakfast**

Kappa Alpha Psi, Inc. presents "Tis the Season Prayer Breakfast" at the Dragon Hill Lodge Mezzanine Bridge, 8 a.m., Dec. 11. For more information, call 011-9671-1446.

### **Club Beyond Youth Ministry**

Club beyond hosts many different activities and Bible studies for High/Middle School aged children every week at Yongsan Army Garrison and Hannam Village. For more information, call 011-9685-4170 or 3785-1954 or e-mail youthrev2001@yahoo.com.

## Food

from Page 10

computer) for school-aged children to be 6.5 hours daily.

The more time kids are in front of a screen the less active they are. In addition, children consume more soft drinks than ever before. Children are also eating more of their meals away from home, with fast-food restaurants accounting for more than half of those away-from-home meals.

### Ways you play a critical role

As parents and caretakers, what can you do? A lot! Parents play a critical role in a child's eating habits. Parents are the policy makers for the home. You promote healthy habits and alter unhealthy ones. You have the primary responsibility of what kids eat, where and when they eat it. In other words, you have a responsibility to present a variety of healthy foods. And as we all know, presentation is everything when it comes to kids.

### But my kids won't eat vegetables

Many parents lament that their kids don't eat vegetables. My question... "Do you eat vegetables?" Studies show that children's food preferences are shaped by what their parents eat. Chances are that as a parent, your eating habits could stand some improvements. An easy way to check is to simply write down everything you ate yesterday. Now get the food guide pyramid out and place tick marks in the pyramid for each serving of a food group that you ate yesterday. Did you get at least 3 servings from the vegetable group? A serving from the meat group is 2-3 oz. How many servings from the meat group did you eat yesterday? Set a few simple goals for yourself and then "model" your behavior for your kids.

### If At First You Don't Succeed...Try Again

Is your child still holding their nose at anything green? We all know children won't eat what they don't



like. But what foods they like depend greatly on what he or she has been exposed to. Studies show that when you repeatedly offer a new food, you increase the chance that your child will accept it. So be vigilant, Junior may surprise you.

Here are some more modeling tips.

■ Try to have one family meal together every day.

■ Use the Food Guide Pyramid as a guide in menu planning for the whole family.

■ Involve your children with reading food labels, encouraging food choices based on fiber or fat content.

■ allow your child to express hunger and fullness and praise your child when they respond to his or her own internal cues.

If you would like more information about feeding your child, contact a registered dietitian located in the Nutrition Clinic at the 121st General Hospital, DSN 737-5521.

**Editor's note:** Maj. Lori Sydes has been a practicing dietitian with the U.S. Army for 14 years. She served a one-year internship at Walter Reed Army Medical Center and holds a Bachelor's of Science degree from the College of Saint Benedict.

## Experience Greater Seoul

### USO Tours

■ Kyungju 3 Days 2 Nights Tour – Today - Sunday

■ Mt. Soerak Overnight Tour – Today, Sunday

■ Seoul City Night Tour – Saturday

For more information, call the Seoul USO office at (02)-792-3380 or go to [www.uso.org/korea/](http://www.uso.org/korea/)

### Royal Asiatic Tour

■ Inner Soerak & South Sorak Rhapsody Tour – Saturday - Sunday

■ Shopping Spree Tour – Dec. 11

■ Munkyeong Pass Hiking and Miruksa(in Soeraksan) Tour – Dec.12

■ Magok-sa and Kakwon-sa Temple Tour – Dec.18

■ Kyeryong-san National Park Hiking Tour – Dec.19

For more information, Call (02)-763-9483 or see Web site about Royal Asiatic Society events.

### Entertainment

■ Concert – Korea Senior Orchestra Concert will be held 7:30 p.m. Saturday in concert hall at Seoul Arts Center. For more information, call (02)-581-5801.

■ Exhibition – Black and White Paintings and Actual Lands will be held 11 a.m. to 7 p.m. Today - Tuesday in Hangaram Art Museum at Seoul Arts Center. For more information, call 925-0291.

■ Exhibition – The universal design exhibition will be held 11 a.m. to 7 p.m. until Dec. 12 in Hangaram Design Museum at Seoul Arts Center. For more information, call (02)-580-1648



## Community Events, Classes and Meetings

### **American Projects Program**

The Armed Forces Spouses' Club seeks to support worthy projects or needs. Through its American Projects program, AFSC donates to organizations serving the USFK population including Soldiers, DoD civilians and their families who reside in the community. The Chosun Gift Shop generates the available money. Any organization or individual that serves the USFK population may request assistance from AFSC. Please allow two months to process your request, and include the following information: (1) full description of the project for which you are requesting assistance, (2) a description of the population that this project will benefit, (3) an explanation of all efforts that have been made to raise the funds for this project, (4) dollar amount

requested and an itemized list of how the funds will be used, (5) a point of contact, with phone number and e-mail address in case additional information is needed. To submit a request call the AFSC American Projects Chairperson, Nancy Donahue at 736-5236 or e-mail AFSCAmericanProjects@yahoo.com.

### **Health and Safety Services**

There are a variety of courses scheduled by American Red Cross. The programs are Infant and Child CPR, 6 p.m. - 9 p.m., Dec. 8 -9, ARC Orientation, 9 p.m. - noon, Dec. 13, Baby sitting, 9 a.m. - 3 p.m., Dec. 18. To sign up, go to the ARC office upstairs in the Moyer Community Services Center. For more information, call 738-3760.

### **Alpha Phi Alpha Fraternity Inc. Information Seminar**

Alpha Phi Alpha Fraternity Inc. will host an "Information Seminar" to provide information about the fraternity to those interested in becoming members 2:30 - 5 p.m., Nov. 27, at the Army Community Service classroom, Building 4106, Yongsan South Post. For more information, call 736-7322.

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**Nov. 26-  
Dec. 2**

**NOW SHOWING AT  
THEATERS IN KOREA**

FOR MORE LISTINGS CALL YOUR THEATER OR VISIT [WWW.AAFES.COM](http://WWW.AAFES.COM) ONLINE - SCHEDULES ARE SUBJECT TO CHANGE

AAFFS THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Sky Captain and the World of Tomorrow	The Forgotten	The Incredibles	The Incredibles	The Forgotten	Mr. 3000	Mr. 3000
ESSAYONS 732-9008	No Show	Cellular	No Show	Cellular	Ray	No Show	The Incredibles
HENRY 768-7724	Resident Evil: Apocalypse	Ray	Ray	Mr. 3000	No Show	No Show	No Show
HUMPHREYS 753-7716	The Incredibles	The Incredibles	The Incredibles	The Forgotten	The Forgotten	Resident Evil: Apocalypse	Resident Evil: Apocalypse
HIALEAH 763-3120	Ray	Papparazzi	Hero	No Show	No Show	No Show	No Show
HOVEY 730-5412	Hero	The Incredibles	The Forgotten	The Forgotten	The Incredibles	Resident Evil: Apocalypse	Resident Evil: Apocalypse
KUNSAN 782-4957	Surviving Christmas	Surviving Christmas	The Forgotten	No Show	The Forgotten	Resident Evil: Apocalypse	Resident Evil: Apocalypse



**The Polar Express**— Believing in Santa Claus isn't easy when all of your friends and family insist he's just make-believe. A boy's faith is rewarded one Christmas Eve when he's awakened by a steam train that pulls up in front of his house and takes him and other children to the North Pole to meet Santa. It's all computer generated images based on live-action motion-capture actors.



**Hero** — In a distant war torn land, a ruthless emperor rises to power with an iron fist and his massive armies. To control everything, he will stop at nothing. In ancient China, before the reign of the first emperor, warring factions plot to kill the most powerful ruler. International action star Jet Li is a fearless warrior with no name on a mission of revenge for the massacre of his people.



**Cellular** — A random wrong number to his cell phone sends a young man into a race against time to save a woman's life. With no knowledge of Jessica Martin (Kim Basinger) other than her hushed, panicked voice on the other end of the tenuous cell phone connection, Ryan (Chris Evans) is thrown into a world of deception and murder on his frantic search to find and save her. Jessica's life is in his hands, but what is waiting for him on the other side of the line, and what will it cost him to find out?



**Wimbledon** — Peter Colt is an unlucky guy, scoring “love” both professionally and personally. He manages to score a wild card, allowing him to play in the prestigious Wimbledon tournament. There, he meets and falls in love with American tennis star. Fueled by his newfound luck, love and on-court prowess, he works his way up the ranks of the tournament players and actually stands a chance of fulfilling his lifelong dream of winning the men's singles title.



**The Incredibles** — Once one of the world's top crimefighters fought evil and saved lives on a daily basis. But fifteen years later, he and his wife have taken on civilian identities. Itching for action, the sidelined superhero gets his chance for a top secret assignment. Now, with the fate of the world hanging in the balance, the family must come together and once again find the fantastic in their family life.



**Ray** — A musical biographical drama of American legend Ray Charles. Born in a poor town in Georgia, Ray Charles went blind at the age of seven shortly after witnessing his younger brother's accidental death. Inspired by a fiercely independent mother who insisted he make his own way in the world, Charles found his calling and his gift behind a piano keyboard.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Taxi	No Show	Taxi	The Cookout	No Show	No Show	No Show
	After the Sunset	After the Sunset	The Polar Express	The Forgotten	The Forgotten	Resident Evil: Apocalypse	Resident Evil: Apocalypse
	No Show	No Show	No Show	No Show	No Show	No Show	No Show
	The Incredibles	Sky Captain and the World of Tomorrow	Sky Captain and the World of Tomorrow	Wimbledon	The Forgotten	No Show	After the Sunset
	Resident Evil: Apocalypse	Resident Evil: Apocalypse	The Forgotten	The Forgotten	No Show	After the Sunset	The Polar Express
	After the Sunset	The Polar Express	The Polar Express	The Polar Express	The Polar Express	Resident Evil: Apocalypse	Resident Evil: Apocalypse
	After the Sunset	The Polar Express	The Polar Express	Mr. 3000	Mr. 3000	Mr. 3000	Mr. 3000
	Napoleon Dynamite	The Forgotten	The Forgotten	The Forgotten	The Forgotten	Wimbledon	Wimbledon

# Holiday season has traditional roots

Chaplain (Maj.) Terrence Walsh  
Area I Staff Chaplain

**CAMP RED CLOUD**—For Christians, this Sunday will mark the beginning of a brand new church year, as we enter into the season of Advent. Advent is the time when Christians get ready for the celebration of Christ’s birth, but that is not all there is to the season. Advent is about celebrating Jesus’ birth, but Advent is just as much about anticipating Jesus’ return.

During the Advent season, most chapels and civilian churches will put out an Advent wreath. It is decorated with evergreen branches, which hold their color even through the deepest part of the winter, symbolizing the promise of everlasting life. Evergreen branches also associate Advent with the evergreen Christmas tree, reminding us of the celebration to come.

The Advent wreath holds four candles. The Advent wreath helps us to count down the number of Sundays left until the Christmas celebration. On the first Sunday of Advent one candle is lit and three are unlit. On the second Sunday of Advent two candles are lit and two are unlit. The pattern continues until all the candles are lit on the Sunday before Christmas. In past centuries when most people could not read and did not have calendars in their homes, the Advent wreath helped them focus on the nearness of Christmas.

In many chapels, there are three purple candles and one pink candle in the Advent wreath. Have you ever wondered why? Purple is the color associated with Advent, because purple dye was very expensive. Only kings could afford purple clothing.

Traditionally the season of Advent was a time of fasting and prayer. Advent was a penitential time, when

worshippers contemplated and confessed their sins. During Advent meat was not eaten, particularly on Wednesday or Friday. A person might go a whole day without eating, so they could draw closer to God. But during the third week of Advent this discipline was suspended. The pink candle was lit on the third Sunday in Advent, as a symbol of this relaxed discipline.

Today most people can read, and have calendars in their office and home. We know exactly how many shopping days are left before Christmas. The use of the Advent wreath seems rather old fashioned. But these symbols keep us in continuity with 2,000 years of Christians praying the prayer “Our Lord, come.”

I pray that the familiar rituals of Advent and Christmas will make you feel connected to your church family, a family of millions that has survived 2,000 years of anticipating the joy of Jesus birth and return.

Area I Worship Services									
<u>Distinctive Faith Group Services</u>			<u>Protestant</u>			<u>ROK/KATUSA Services</u>			
<u>Islamic Prayers</u>	Fri 1 p.m.	DISCOM Chapel	Sunday	8:30 a.m.	Happy Mountain Chapel	Monday	7 p.m.	Castle Chapel	
<u>COGIC</u>	Sun 12:30 p.m.	Warrior Chapel		9:30 a.m.	DISCOM Chapel	Tuesday	7 p.m.	Stone Chapel	
<u>Eucharistic Episcopal</u>	Sun 5:30 p.m.	Stanley Chapel		9:30 a.m.	Essayons Chapel	Wednesday	7 p.m.	Hovey Chapel	
<u>Latter-day Saints</u>	Sun 1 p.m.	Crusader Chapel		10:30 a.m.	Kyle Chapel	Thursday	6:30 p.m.	DISCOM Chapel	
				11 a.m.	Warrior Chapel		7 p.m.	Stone Chapel	
				11 a.m.	Hovey Chapel	Sunday	1 p.m.	DISCOM Chapel	
				11a.m.	Stanley Chapel		6 p.m.	Warrior Chapel	
				11a.m.	Crusader Chapel		7 p.m.	Stanley Chapel	
				noon	Castle Chapel				
				1 p.m.	Jackson Chapel				

# Historic Seoul welcomes Warriors

By Pfc. JeNell Mattair

2nd Infantry Division Public Affairs Office



Tourists at the Korean National Folk Museum encounter a Korean king on this throne.



Scenic Gyeongbok Palace offers visitors a window on Korea's history.



The Seoul Tower overlooks the city from Namsan Park.



Tiny figurines enact a royal march through the streets of ancient Korea. Visitors to the Korean National Folk Museum learn about life in Korea's past.

**SEOUL** — Warrior Country Soldiers toured the historic parts of Seoul Oct. 28.

The day began with a visit to the Gyeongbok Palace.

They learned that during the 1592 Japanese occupation of Korea, the king and his attendants chose to abandon the capital and flee north.

The abandoned Korean commoners were infuriated by the king's departure. They burned his palace to the ground. The king and his court returned to find the palace in ruins.

Gyeongbok Palace sat in ashes and disrepair for 273 years, until it was renovated in 1867.

Today, the palace stands as a tourist attraction for locals and foreigners alike.

A stunning recreation of the throne room, where the king spent his working hours, is complete with a radiant golden dragon painted on the ceiling.



A 2nd Infantry Division trooper steps through a traditional doorway on the Gyeongbok Palace grounds Oct. 28.

"The whole recreation of the emperors' throne was pretty neat," said Pfc. Cody Harding, Headquarters and Headquarters Battery, 5th Battalion, 5th Air Defense Artillery Regiment.

Next, the Soldiers were taken to the Korean National Folk Museum.

The museum hosts a wide display of the life and customs of Koreans, from the beginning of recorded history to present day.

"I feel blessed to experience the culture here and the rich history," said 1st Lt. Adam Miller, Headquarters and Headquarters Battery, 5th Battalion, 5th Air Defense Artillery Regiment. "That is part of the reason I volunteered to come here and part of the reason I joined the Army."

The museum boasts a collection of 25,088 artifacts.

After the museum visit, the Soldiers were treated to an evening at the Chong-Dong Theater.

The theater features Korean musical traditions in four represented arts:



An authentic costume of a past Korean queen awaits tourists at Korea's National Folk Museum.

percussion, dance, vocal and orchestral music.

The theater is a restoration of the first Western-style theater in Korea. Chong-Dong Theater hosts traditional Korean theater and art performances every Tuesday and Friday night year-round.

Toward the end of the show, seven drummers performed a dance called "Three Drums."

Each drummer had three drums and the artists pounded away in an almost hypnotic method.

"The three drums were pretty good," said Sgt. 1st Class Maybelle Cline, 122nd Signal Battalion. "They are very talented people."

Miller agreed. "I enjoyed the rhythm, beat and talent," he said.

After the show at the Chong-Dong theater ended, Soldiers visited Namsan Folk Village. There, they played a traditional Korean board game.

"The sticks are like dice," said Pfc. Jason Wambles, Headquarters and Headquarters Battery, 5th Battalion, 5th Air Defense Artillery Regiment. "However, many sticks land upside down, that is how many spaces (on the board) you go.

"If all of them land upside down you, go four spaces and get another turn. If all of the sticks land with the writing facing up, you go five spaces and get another turn," he said.

There are little white dots on the board game, and the player must make his way from the beginning to the end to win.

Next, the Soldiers were treated to a Korean buffet at the Korea House. Soldiers dined on everything from octopus to beef, and were offered rice cookies for desert.

"I thought it was great," Cline said. "I'm glad I got the opportunity to come."

E-mail janell.mattair@us.army.mil



Gyeongbok Palace features faithful reconstructions of Korean architecture during the Choseon Dynasty.

PHOTOS BY PFC. JENELL MATTAIR



### Senior Leader's Night

Camp Casey Reggie's Activity Bar is sponsoring Senior Leader's Night at 5 p.m. every Wednesday. Enjoy Reggie's brewery beverage special as well as free snack. For more information, call 730-2715.

### Immigration And Naturalization Seminar

Camp Casey Army Community Service is offering Immigration and Naturalization Seminar 9 a.m. - 3 p.m. Dec. 8 at Camp Casey ACS, Building 2317. For more information, call 730-3107.

### Live Music At Camp Casey

Camp Casey Primo's Express hosts CC Jam on Sunday starting at 2 p.m. This is an open microphone to everyone. MWR Offshore Entertainment "WES" and MWR Bands "Central Sound" and "Intensity Band" perform live music. For more information, call 730-3400.

### Pro Shop Sale

The Camp Red Cloud Pro Shop is having a sale on clothing, balls, clubs, hats, shoes and accessories now through Tuesday. For more information, call 732-6843.

### Mitchell's Disc Jockey

R&B DJ Hollywood performs at Mitchell's club Friday and Saturday nights. DJ Hollywood will give you entertainment from 9 p.m. until closing. For more information, call 732-8189.

### Football And Wings

Camp Red Cloud's Mitchell's Club screens National Football League football games every Tuesday. Buffalo wings and beverage specials are offered during the games. For more information, call 732-8189.

### Car Wash Service

Area I Morale, Welfare and Recreation Service Division offers a 24-hour car wash at Camp Mobile. The car wash is self-service and accepts 500-won coins only. For more information, call 730-3928.

### Thanksgiving To Go

Camp Stanley Reggie's club will serve a traditional Thanksgiving Day dinner "to go" Thursday. Carry-out service must be ordered by Saturday, and must be paid for in advance. Tickets are now on sale. For more information, call 732-5485.

### Playgroups for Children

Yongsan Playgroups is now accepting new members. The group plans play dates, educational activities and field trips for families with infants, toddlers and pre-schoolers in Yongsan and Hannam Village areas. E-mail joyner57@hotmail.com for membership information.

### Holiday Bowling Sale

Camp Casey Bowling Center is offering a special holiday sale. Selected items such as bowling balls and accessories will be on sale at up to 50 percent off. Sale ends on Dec. 31. For more information, call Camp Casey Bowling Center at 730-4577.

# Schumacher sets season record, up for driver of year honors

By Chris Dorato

Army News Service

**POMONA, Calif.** — U.S. Army Top Fuel driver Tony "The Sarge" Schumacher captured the Auto Club of Southern California Finals Nov. 14 at Pomona Raceway and in the process set the Top Fuel single-season win record.

In Pomona's Pro Stock Bike final, the Army's Angelle Savoie took first place, beating teammate Antron Brown who came in second.

Schumacher, who came into the season finale having already clinched the 2004 NHRA POWERade Top Fuel world championship, was looking to set the new mark for most Top Fuel wins in a single season: 10. He did. And he's also in the running now for Speed Channel's Driver of the Year award for the fourth quarter.

Fans can vote for Schumacher at [www.speedtv.com](http://www.speedtv.com)

Other nominated drivers include NASCAR's Dale Earnhardt Jr. and Jimmie Johnson, along with Sebastien Bourdais of Champ Cars and Tony Kanaan of the Indy Racing League.

The award for this quarter will be determined by an 18-member panel of blue-ribbon auto-racing journalists and one vote based on the cumulative tally of fans' voting, said Barry Schmoeyer of the Speed Channel.

The panelists will have their quarterly vote Nov. 24, and Schmoeyer said the fan vote will close soon after.

In Pomona, Schumacher ran off a string of sub-4.5 second passes in the opening three rounds to beat John Smith, David Grubnic and David Baca before leveling Morgan Lucas in the finals for the event win.

"Mission accomplished," said an elated Schumacher afterward. "What a way to end the season. Once again, this is an example of just how good this U.S. Army team is. We wanted this record in the worst way. We just went out and took it. We wouldn't be denied."

It was the 13th final for Schumacher in 23 races this season. It was also his 21st win in 44 career final rounds.

"This was such an unbelievable year," he added. "You couldn't have drawn this up any better than it played out. Obviously, we're already looking forward to 2005."

In the Pro Stock Bike competition, Savoie and Brown staged a final-round duel for the third time this year. And for the third time Savoie was victorious.

"I guess I have Antron's number or something," said Savoie after posting a blistering 7.036-second pass at 188.04 mph in the finals. "I'm just so happy for the team and the U.S. Army. We've had quite a season, overall, and this was a fine way to

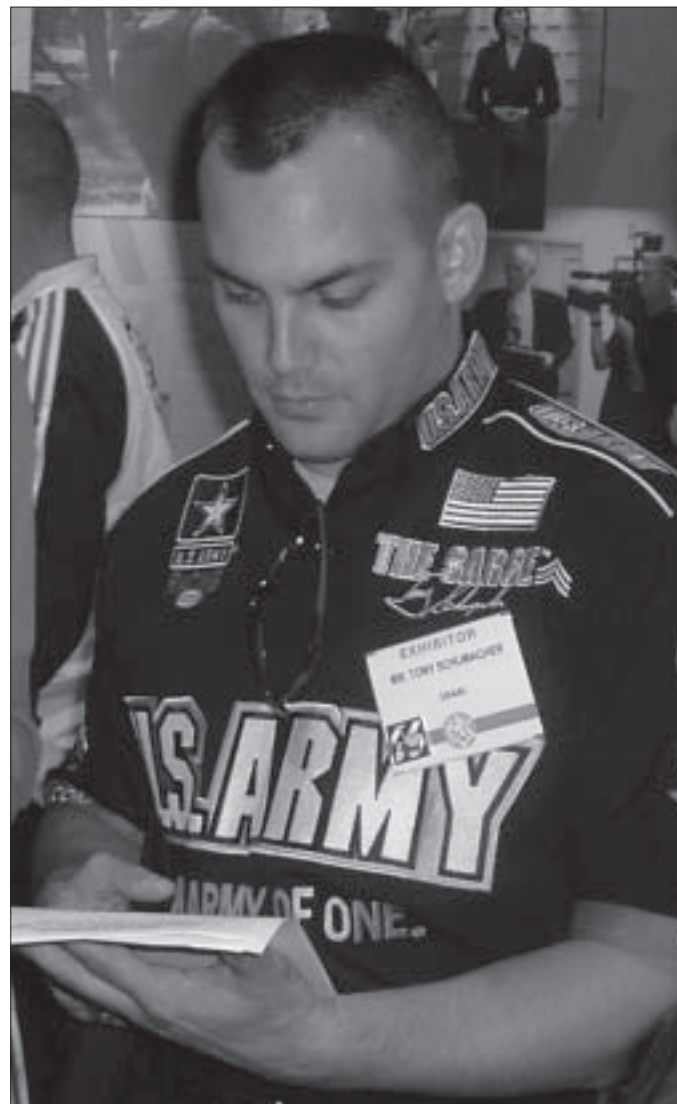


PHOTO BY MAJ. DEAN THURMOND

Tony "the Sarge" Schumacher examines a document while taking a break from greeting fans at the Association of the U.S. Army annual meeting Oct. 26. Fans can vote him driver of the year at [www.speedtv.com](http://www.speedtv.com)

finish it out."

With her 35th career victory, Savoie moved around Brown in the final Pro Stock Bike standings to finish second. She recorded the most wins (four) in the Pro Stock Bike class for the season.

"Angelle deserved this win," said Brown. "I feel the same way as she does. This was such a terrific year for our team. I'm definitely looking forward to next year. I truly believe that."

## On the soccer battlefield



PHOTO BY TAMI TALIENTO

Mary Juergens from the Camp Humphreys Warriors fights for the ball against a Taegu defender during the peninsula-wide soccer tournament in Yongsan Nov. 13. The Warriors were the first Camp Humphreys team to ever compete in the 11- and 12-year-old tournaments.

## Area II MWR hosts 5-kilometer runs

By Sua Jun

Area II Marketing

**YONGSAN** — Runners on Yongsan Garrison celebrated Veterans' Day and Education Week with a 5-kilometer run.

More than 100 participants gathered at the starting line Nov. 13. The run was co-sponsored by Morale, Welfare and Recreation and the Education Center.

Top finishers for the run included Jeff Furner with a time of 19 minutes, 16 seconds in the men's category. Janet Thompson topped the women at 19:30.

The following runs are scheduled for the remainder of the year:

- 5-kilometer run at 9:30 a.m. on Dec. 11
- 5-kilometer midnight run on Dec. 31

Call the Area II MWR sports office at 738-8608 for additional information.

# Central Region

Nov. 26, 2004

Page 21

Chief Warrant Officer 2  
Benjamin K. Humphreys



Betty Humphreys as  
photographed in  
November 1990  
at age 60.



Benjamin Humphreys  
and his brother Robert  
John Humphreys sit  
for a photo in 1932.



Humphreys, an avid  
bowler, poses for this  
photo while a medical  
technician stationed at  
Port of Whittier, Alaska.  
in 1950.

## Searching for Humphreys - Part 2

Camp officials renew connection with family,  
work to bring widow to rededication

**Editor's Note:** This is the second of a three-part story about the history of Camp Humphreys.

By Steve Davis

Area III Public Affairs Officer

**CAMP HUMPHREYS** — Just as the family of Chief Warrant Officer Benjamin K. Humphreys was still searching for information about the camp in Korea named for him, Camp Humphreys' public affairs officer Susan Barkley was seeking information about Warrant Officer Humphreys.

The new "Humphreys Lodge" was opening on the ever-expanding post and she needed information for the grand opening program.



Humphreys

Rummaging through old files left by previous public affairs officers, she found a file containing the inquiry initiated by Congressman Mike McIntyre in June 1999, along with a two-page letter, a Christmas card and two photographs of herself that Betty had sent to Camp Humphreys in 1996. Attached to the Congressional inquiry was a letter from Bob Humphreys (pictured) with his address. Barkley contacted him to get information about Warrant Officer Humphreys for the lodge's grand opening.

"One of the first things Bob asked was if helicopters still fly here," said Barkley, with a laugh. "He didn't realize that Camp Humphreys was one of the

busiest airfields outside of the continental United States."

Nor did the Humphreys family know the base would triple in size and grow ten-fold in population within this decade as it expands to become a major military hub during the U.S. Army's consolidation of bases in Korea.



Frace

family for a rededication of the camp.

"Camp Humphreys had changed so much over the years that we thought it would be great to rededicate it with the Humphreys family here," said Frace.

Frace was wondering how to contact the family and mentioned it to Barkley, who provided the address. He wrote a letter to Bob Humphreys.

"I hope I may be addressing the family of the officer and gentleman who this camp is named after," said Frace in his letter. "Camp Humphreys is a growing installation in Korea with much history and pride. In 1962, this camp was named after Chief Warrant Officer Humphreys, and it would be a privilege to make contact with some of the family of this officer."

After a four-year disconnect in their search for information about Camp Humphreys, the Humphreys family was back on track. Bob said he "was delighted" to hear from Frace.

Around the same time, installation Command Sgt. Maj. Robert R. Frace and then Camp Humphreys commander Col. Mike Clay were considering inviting the Humphreys

A flurry of letters, e-mails and phone calls resulted over the next few months as Frace worked with Barkley to invite Betty and Bob Humphreys to Korea to rededicate the camp on Nov. 13, the 43rd anniversary of the death of their husband and uncle.

"Betty was thrilled to finally be going to Camp Humphreys," said Bob, adding that it would hopefully bring closure to the loss of her husband.

Betty was to fly from North Carolina and meet Bob and his wife Anne in Atlanta for the flight to Korea.

Betty did not show in Atlanta.

"We thought she may have missed her flight and tried unsuccessfully to call her," said Bob. "We had a real dilemma. Should we fly or go back to our home in Laurel, Maryland?"

Knowing that Frace and Barkley would be waiting for them in Korea, they decided to fly, hoping Betty would catch up with them in Korea.

It was not to be, however. After arriving in Korea, they tried to locate her, but she wasn't home. The American Red Cross located her in a hospital in North Carolina.

"She was seriously ill and in a hospital in North Carolina," said Bob, without giving medical details. "She wouldn't be able to come to Korea to be guest of honor at the rededication of Camp Humphreys."

A decision was made to postpone the rededication until Betty was well and able to attend at a future date. The rest of the one-week itinerary — including tours to the Joint Security Area in Korea's demilitarized zone, the War Museum in Seoul and other places — would occur as scheduled.

Several days were set aside for Bob and Anne Humphreys to meet their new Army family at Camp Humphreys.

**Next week:** Camp rolls out the red carpet for Humphreys nephew.

### About

#### Chief Warrant Officer 2 Benjamin K. Humphreys

**Born** 12/20/28 in Kokomo, Indiana

**Parents** Marguarita Marie Anthony Humphreys and Cleo Darwin Humphreys. He was named after his paternal grandfather, Benjamin C. Humphreys, and his maternal great grandfather Kent Keller.

**Brother** Robert John Humphreys, deceased 1994.

**Half sister** Rose Marie Marple, deceased 1942.

**Half brother** Raymond Frances Marple, living in Kokomo, Ind.

**Married** Betty Nance on Dec. 22, 1950 in Portsmouth, Vir. They had no children.

#### Military Service

**1945** Enlisted in U.S. Army

**1945-48** Radio man, Trieste, Italy

**1948-49** Reenlisted; entered Laboratory School in Houston, Texas

**1949-May 52** Port of Whittier, AK

**June 1952-53** Sergeant first class, 51st Medical Company, Fort Bragg, NC

**1953-55** Assigned at the 98th General Hospital, Landstuhl, Germany

**1955-57** Sergeant first class, U.S. Army Hospital, Fort Benjamin Harrison, Ind.

**March-Dec 1957** Helicopter School, Camp Wolters, Texas and Camp Rucker, Ala.; certified in H-21 and H-34.

**1958-Oct 1960** Warrant Officer 1, 93rd Transportation Company (Light Helicopter) (H-21) Fort Devens, Mass.

**Nov 1960-Nov 1961** Chief Warrant Officer 2, 6th Transportation Company (Light Helicopter) APO 71, Korea

**Died** Nov. 13, 1961

**Buried** Nov. 28, 1961 Hampton National Cemetery, Hampton, VA

## NEWS & NOTES

### CPX Gate Operations During Cement Pour

The CPX Gate will be open for two-way traffic beginning at 9:30 a.m. Dec. 3 for about 24-hours to accommodate as many as 400 cement trucks. The trucks will be delivering cement to the Army Family Housing underground garage project. All drivers are urged to exercise caution as cement trucks travel on- and off-post. For information, call 753-8847.

### Main Gate Security Upgrade

A \$130,000 project began Nov. 15 to upgrade security at the Camp Humphreys main gate. The main entry area is being enlarged and a search lane and pop-up barriers are being added. Drivers should slow considerably in this area.

### Area III Christmas Tree Lighting

All community members are invited to attend the Area III Christmas tree lighting ceremony at 6 p.m. Dec. 6 at the Area III headquarters. Following the ceremony and songs, guests are welcome to attend a holiday reception at the Camp Humphreys Community Activities Center. For more information, call 753-8847.

### Post Office Hours

The Camp Humphreys post office will be open and additional hour from Monday to Dec. 17. Operating hours will be 10 a.m.-6 p.m. Monday, Tuesday, Wednesday and Friday, 1 p.m.-6 p.m. on Thursday, and 9 a.m.-1 p.m. on Saturday. Customers mailing large amounts of items are encouraged to make appointments. Appointments can be scheduled between 9 a.m.-10 a.m. on Monday, Tuesday, Wednesday or Friday. For information or to schedule an appointment, call 753-6563.

### Prenatal Care Available

Female Soldiers and authorized female family members who are pregnant or planning on becoming pregnant may be able to receive prenatal care at the Camp Humphreys Health Clinic. For more information, see Maj. Migdalia Machado, prenatal care officer-in-charge, or contact Jereia Scott, new parent support coordinator, at 753-3957 or 753-8401.

### World AIDS Day

Area III Health Promotions will host World AIDS Day activities from 11:30 a.m.-1:30 p.m. Dec. 1 at the Camp Humphreys Community Activities Center. The movie, "Philadelphia" will be shown in the TV lounge. Prizes will be awarded for a quiz on HIV/AIDS. For more information, call 753-7656.

### ACS Closure

Army Community Service will be closed from 11 a.m.-5 p.m. Dec. 17 for their Christmas party. Army Emergency Relief support will still be provided. For information, call 753-8401.

### Unit-Level Basketball

A pre-season unit-level basketball tournament scheduled for Nov. 27-30 at the Camp Humphreys post gym has been postponed due to lack of unit participation. For more information, call 753-8810.

### USO Tours

The following tours have been scheduled by USO In-Country Leisure Travel.

- Seoul Land Amusement Park, Sunday
- Dragon Valley Ski Trip, Dec. 4-5



PHOTO BY CAPT. WILLIAM T. SMITH

Republic of Korea Army Soldiers wait to load a CH-47 Chinook after conducting sling load training during the 52nd Ordnance Company's External Evaluation.

## U.S, Korean ammo handlers team up daily

### Combined operations nothing new to 52nd Ordnance

By 1st Lt. Jeff T. McCullough

52nd Ordnance Company

**CAMP HUMPHREYS** — Not many company size units can say they work with the Republic of Korea Army on a daily basis.

Because of the unique ammunition storage environment in Korea, the 52nd Ordnance Company works with several Republic of Korea Army ammunition depots and supply points to provide ammunition support to Areas II and III.

"This combined environment allows our Soldiers an unparalleled experience rarely found in the ammunition community," said 1st Sgt. Gene A. Williams of the 52nd Ordnance Company.

That experience includes everything from daily ammunition issue to U.S. units to ammunition shipments in-and-out of the country. The 52nd Ordnance Company also conducts field training alongside their Republic of Korea Army counterparts throughout the year. Training includes force protection, sling load operations and medical evacuations.

"The combined training allows each of us to bring resources to the table to make the training more realistic for all involved," noted Col. Young Shin-hung, commander of the 3rd Ammunition Depot.

This was especially evident during the 52nd Ordnance Company's and 6th



PHOTO BY CAPT. WILLIAM T. SMITH

Warrant Officer 1 Robby J. Hoskins and Sgt. 1st Class Lora A. Lopez explain sling-load procedures to Col. Young Shin-hung, commander, and Maj. Yong Kong-hoon, operations officer, of the 3rd Ammunition Depot. Hoskins and Lopez work in the 52nd Ordnance operations section.

Ordnance Battalion's External Evaluation when Shin's infantry companies pulled out all the stops to protect the 52nd Ordnance Company from aggressors.

"We could not be as successful at our wartime and armistice mission if it wasn't for our Republic of Korea Army counterpart's continual dedication and support," said Warrant Officer 1 Robby J. Hoskins, 52nd Ordnance Company accountable officer.

It isn't all work and training though. Both armies take advantage of the support relationship to host dinners and other social events that allow Soldiers on both sides a chance to interact in a more relaxed setting.

Some Soldiers can go through a year long tour in Korea without really

experiencing the riches the culture and land have to offer. Soldiers in the 52nd Ordnance Company are on the road throughout the Republic and interacting with Republic of Korea Army Soldiers mere weeks after landing in country.

"Our habitual relationship with the Republic of Korea Army ensures that we are always at the top of our game when it comes to supplying the war fighter with ammunition — during armistice or war," said Capt. William T. Smith, 52nd Ordnance Company commander, adding that the ROK-US ammunition communities truly live the battle cry: 'Katchi Kapshida!'"

E-mail jeff.t.mccullough@korea.army.mil



The Suwon Central Baptist Church Children's Choir performs during the Thanksgiving Spiritual Fitness Day luncheon. PHOTOS BY STEVE DAVIS



Song Keum-sup sings a song during the luncheon.



Guests help themselves to a Thanksgiving meal during the Thanksgiving Spiritual Fitness Day luncheon Nov. 19 at the Camp Humphreys Community Activities Center.

# Spiritual Fitness Day uplifts U.S., Korean communities

## Area III Public Affairs Office

**CAMP HUMPHREYS** — Members of the American and Korean communities came together for a day of physical and spiritual fitness Nov. 19 at Camp Humphreys.

The Thanksgiving Spiritual Fitness Day began at 6:30 a.m. as about 40 Soldiers and civilians took part in a walk that began at Freedom Field. At lunchtime they gathered at the Community Activities Center for a Thanksgiving prayer luncheon, reflection and entertainment.

Area III Chaplain (Maj.) Matthew Ahn and Camp

Long/Eagle Commander Maj. Thomas Arrington welcomed about 150 guests to the luncheon on behalf of Area III Commander Michael J. Taliento Jr., who was attending a conference in the United States.

The purpose of Thanksgiving Spiritual Fitness Day, said Ahn, was to enhance spirituality, morale, physical strength and esprit de corps through the spiritual walkathon, the prayer luncheon and a spiritual concert.

Guest speaker at the luncheon was Dr. Billy Janghwan Kim, renowned evangelist, broadcaster and pastor of the 15,000-member Suwon Central Baptist Church. The children's choir from his church performed during and after the luncheon.

## PGA pros dazzle crowd at Camp Walker clinic

By Galen Putnam

Area IV Public Affairs Office

**CAMP WALKER** – Daegu Enclave golfers were treated to an awe-inspiring display of raw power and finesse as two Professional Golfers Association touring pros stopped by the Evergreen Golf Club to put on a clinic for golf enthusiasts Monday.

Balls exploded off the drivers of Frank Lickliter II and Cameron Beckman during the exhibition in which the pros took questions from the crowd and helped a couple of lucky duffers with their swings.

The clinic started with an emotional Lickliter thanking the gathered Soldiers and other personnel for their service to the nation.

“We’re not just here to say ‘hi,’ we’re here to say ‘thanks.’ The time that you guys spend protecting our freedoms isn’t lost on us,” Lickliter said. “Thanks to what you do, I can live a dream. I truly owe each one of you a debt of gratitude. If not for your sacrifice we couldn’t live the lives we lead.”

As Beckman warmed up with a few chip shots, Lickliter explained the pros warm up with some wedge shots gradually working their way up to drivers, then reverse the process. Both pros emphasized the importance of the swing as the essence of one’s game.

And swing they did. After chipping a few balls, each pro transitioned to irons for a few strokes. Then it was time for the big show. “I’ll bet you’re ready for some drivers, aren’t ya?” Lickliter asked the crowd. Lickliter cranked off moon shot after moon shot, each rocketing off the clubface following a graceful, smooth swing. Lickliter ranks 94th on the tour with a driving average of 283.7 yards. Beckman ranks 59th with a 291.2 yard average.

Lickliter emphasized there are three primary components of the game that players must master in order to be successful ... putting, driving and wedge shots. While a weakness in one area can be compensated for, a weakness in two or more will hold back the progress of nearly any golfer.

“What we do is to try to be in the middle.” He



PHOTO BY GALEN PUTNAM

*Staff Sgt. Richard Young, the reigning 8th U.S. Army golf champion, receives a few pointers from Professional Golfers Association touring pro Frank Lickliter II as Area IV Support Activity Commander Col. Donald J. Hendrix looks on Monday at the Evergreen Golf Club.*

said. “We try to be good with the driver, good with the putter and good with the wedge. You have to be good with all three to stay on the tour and if you are really good at all three you are Tiger (Woods).”

Clinic participants appreciated the opportunity to meet with a couple of the world’s finest golfers.

“I think it is great that they came here,” said Staff Sgt. Richard Young, the reigning 8th U.S. Army golf champion. “They could be down in Jeju practicing

where it is warm but they came here in the cold to be with us.”

The duo is in Korea for the Shinhan Korea Golf Championship held Thursday through Sunday on Jeju Island. A special pro-am event was held Wednesday. The pro-am was particularly special for Young who received an invitation to play against some of the world’s top golfers.

“I’m thrilled to be going. I can hardly wait,” said Young who has never participated in a pro-am event before. “It will be a good opportunity to learn a thing or two and see how things work. It will also give me a chance to see where I stack up and to see if I need to take up bowling instead.”

Lickliter, who previously flew to Guantanamo Bay, Cuba to donate golf equipment to the Marines stationed there is a strong supporter of the military.

“My dad was in the Navy and flew P-3 Orions during the Cuban Missile Crisis taking pictures of the Russian transport ships,” said Lickliter who is currently ranked 58th on the tour with \$1,239,577 in winnings this year. “Man, it means everything to me to be able to come out and do this. We want the Soldiers to know that there are a lot of people thinking about them.”

Beckman echoed those sentiments.

“The time we are sacrificing to be here is nothing compared to the sacrifice these Soldiers are making on a daily basis,” said the winner of the 2001 Southern Farm Bureau Classic. “I was eager to be able to say ‘thanks’ to the troops. It is a pleasure for us to be here and express our appreciation for how much you do for us.”

The event got off the ground when Ray Cragun, the Evergreen Golf Club’s new manager, contacted the PGA tour to see if Lickliter might be willing to conduct a clinic. He was all for it and enlisted Beckman to come along.

“There was never a second’s hesitation,” said Lickliter who won the 2003 Chrysler Classic of Tucson and the 2001 Kemper Insurance Open. “I was on board from the second I heard about it.”

See “PGA” on Page 27

## Camp Hialeah CYS receives grant for natural science project

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP HIALEAH** – A Camp Hialeah organization is receiving a boost of \$1,000 in greenbacks for its effort to provide the community with a greener environment while educating youth on the importance of nature by giving them a chance to interact with the environment.

The Camp Hialeah Child and Youth Services’ Torch Club student members recently began work on a natural science project that will turn a small part of the installation into a natural habitat including a pond, thanks to a \$1,000 grant from Project Dragonfly.

Project Dragonfly is a joint venture of the School of Interdisciplinary Studies at Miami University, Oxford, Ohio and the National Science Teachers Association,

funded by a grant from the National Science Foundation with the assistance of the Center for Human Development, Learning and Teaching. Its primary mission is to provide a national voice for young investigators and the opportunity for them to interact with experienced researchers.

Every year, Project Dragonfly gives out \$25,000 in grants to youth organizations worldwide that promote science and nature through long-lasting community projects, with help from various businesses such as United Airlines, Staples and Home Depot. More than 100 organizations applied and competed for grants this year. The Camp Hialeah Child and Youth Services was one of 25 organizations selected to receive a \$1,000 check.

“It feels great to be selected to receive

the grant,” said Andrew Hudak, a Camp Hialeah Child and Youth Services care provider assistant, who acts as a “guiding hand” to participating students. “We submitted a project proposal of building a small natural habitat somewhere in Camp Hialeah which will include a pond, birdhouses and plenty of vegetation. This project is kid-oriented from the beginning. We will make sure that the project involves as many kids as possible and maybe even the entire community in the long-run.”

The project has been well-received.

“It is a wonderful opportunity for the community youth to learn about the nature through hands-on experience,” said Dean Moore, Camp Hialeah Child and Youth Services coordinator. “It won’t be anything like learning from reading books in the classroom. It will be an experience

they will be able to take with them for life.”

The proposal has been submitted to related installation agencies, such as Directorate of Public Works and Safety, for approval.

“Right now, we are waiting for a green light from different agencies on the installation,” said Hudak. “But I don’t think there will be any problem since it is such a great program which will benefit not only the students but the entire community by providing a breath of fresh air.”

The Torch Club of Camp Hialeah is a Boys and Girls Club Group sponsored youth leadership club comprised of six middle school members who work together with the community to improve the area, in which they live.

E-mail OhDK@korea.army.mil

## NEWS & NOTES

### Santa's Mail Bag

Parents and children can send their letters to Santa via the following address: Santa's Mail Bag, 354th OSS/OSW, 2827 Flightline Ave., Suite 100B, Eielson AFB, Alaska 99702-1520.

A stamped envelope complete with a return address should be included inside each mailing. For more information, call the Theater Army Postal Operation Directorate at 724-3003.

### Commissary Schedule

All Area IV commissaries, including Daegu, Camp Carroll, Busan and Chinhae, will be closed today. Check local commissaries for operational hours.

### TAS Information Meeting

The Taegu American School is hosting an information meeting for parents and the Daegu community regarding school accreditation and the February North Central Association team visit 5 p.m. Dec. 8 at the school's multi-purpose room. Guest speakers will be Col. Donald J. Hendrix, commander, Area IV Support Activity, Charles Toths, Department of Defense Dependents School Korea district superintendent, and Dennis Rozzi, Department of Defense Dependents School Korea district assistant superintendent. For more information, call Julie Etheredge at 643-4354.

### Camp Carroll Chapel

The Camp Carroll Post Chapel is offering a Thanksgiving dinner 5 p.m. today at the Community Activity Center. It is sponsored by Camp Carroll combined Protestant services. The Camp Carroll Christmas tree lighting ceremony will be held 5:30 p.m. Dec. 9 at the Post Chapel. There will be a special performance by local kindergarten children, followed by Santa arriving by fire truck. For more information, call the Camp Carroll Chaplain's Office at 765-8417 or 765-8606.

### Camp Hialeah Chapel

The Camp Hialeah Post Chapel is conducting a combined Thanksgiving service 10:45 a.m. Sunday at the Post Chapel. The Camp Hialeah Christmas tree lighting ceremony will take place 5:30 p.m. Dec. 3 at the Post Chapel. For more information, call Camp Hialeah Chaplain's Office at 763-3131.

### 5-Kilometer Run and Walk

The Area IV Equal opportunity will be celebrating the Indian/Alaskan Native Heritage Month with a 5-kilometer run and walk 8 a.m. Dec. 4 at Camp Carroll gym. Registration begins at 7:15 a.m. For more information, call Master Sgt. Matthew Delay at 768-8972, Sgt. 1st Class Monte Tarrt at 768-6764 or Sgt. 1st Class Stephanie Buxton at 768-8542.

### Christmas Tree Lighting

The Area IV Christmas tree lighting ceremony will be 6 p.m. Dec. 6 at the Camp Walker Soldier Memorial Chapel. For more information, call Chaplain (Maj.) Richard Bendorf at 764-5455.

### Winter Formal

The 19th Theater Support Command will host a Winter Formal 6:30 p.m. Dec. 11 at the Evergreen Community Club. The event is open to all Soldiers and civilian employees in Area IV. The cost is \$25 per person, which includes meal and entertainment. The uniform for military personnel will be Mess Dress Blues, Class A's with white shirt and bow tie or tuxedo with bow tie for men and long or short formal evening dress for women. For more information or to purchase a ticket, call Sgt. Maj. Shirley Kerlygan at 768-7423 or Sgt. Maj. Oliver Chisholm at 768-8333.

# KNPs feted at appreciation day

By Galen Putnam

Area IV Public Affairs Office

**CAMP WALKER** – When it comes to cops, there is a brotherhood that extends beyond language and cultural barriers.

To further build those bonds and thank local Korean National Police for their support and assistance, the 728th Military Police Battalion, headquartered at Camp Henry, hosted a "KNP Appreciation Day" Nov. 19 at Kelly Field on Camp Walker.

About 90 KNP officers and staff members from the Taegu Nambu Police Station, attended the event that featured soccer and volleyball matches, a tug-of-war contest, an equipment display, a military working dog demonstration and an American-style hot dog and hamburger lunch.

The event, which has been postponed several times for a variety of reasons, was initially scheduled for spring.

"We've had a couple of major events pop up over the past few months," said Lt. Col. Steven Crowe, 728th Military Police Battalion commander and Area IV Provost Marshal, referring to the recent deployment of Task Force Warfighter and other operational demands. "We ended up with a great day though. We are glad to be able to say 'thanks' to our Korean counterparts and enjoy a day of social activities."

Crowe stressed that the Military Police and Korean National Police work together closely performing a variety of missions such as conducting joint patrols downtown, traffic accident investigations and coordinating vehicle registrations.

"We've got a really good relationship with all of the KNP in Area IV," Crowe said. "We would like to do this kind of thing more than once a year but with mission and the operational tempo, it is difficult to coordinate schedules. The important thing is to get together, have some fun, and get to know each other a little better."

Guests agreed with that assessment.



PHOTOS BY GALEN PUTNAM

Cpl. Song Duk Park, 57th Military Police Company, battles for the ball during the soccer match won by the Korean National Police team by a score of 2-1.

"We really appreciate the invitation. This is a good way to develop friendship between U.S. Soldiers and Korean personnel," said Jang Bom-sok, from the Taegu Nambu Police Station Foreign Affairs Section. "The MPs prepared a lot of things for the event. The weapons display and dogs were both very valuable for learning."

Others agreed.

"This was a good experience. I learned some things I did not know before. The dogs were very interesting," said Oh Doo-sik, an auxiliary policeman who has served for two years. "And I liked the American hamburgers."

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Pfc. Daniel Dec, 57th Military Police Company, scores a point over two KNP defenders in the volleyball game that was won by the 728th Military Police Battalion by a score of 21-20.



Joo Yoon-sik, president of the Korean Civilian Military Police Regimental Association, checks out an M-16A2 rifle with scope as Spc. Gregory S. Stroub, 188th Military Police Company, looks on.

## Area IV mourns death of talented MWR employee

By Cpl. Oh Dong-keun  
Area IV Public Affairs Office

**CAMP HENRY** – The Area IV Support Activity and the community are saddened by the loss of Sin Sang-muk, a Korean national employee who worked for the U.S. Army for more than 37 years, who passed away Nov. 15 after suffering a brain hemorrhage Oct. 31.

He was an illustrator for the Area IV Morale, Welfare and Recreations Directorate’s Marketing Division.

“The passing of (Sin) was a great shock for the entire Area IV community,” said Donald J. Cannata, director of the Area IV MWR. “He was a friend and colleague to everybody he worked with. He had a smile for everybody and always had a cheerful word for all he came into contact with. Our hearts go out to his family in their sorrow.”

Born in 1946, Sin first began working for the U.S. Army in April 1967 at Yongsan Garrison. Since then, he has also worked at Camp Carroll and for the Area IV MWR Directorate in Daegu. He worked in the marketing division for the past 13 years where he designed flyers, banners, posters and other advertising media. He also produced many caricatures as gifts for outgoing commanders and



PHOTO BY PAE YUN-SU

*Sin Sang-muk, a long-time employee with Area IV Morale, Welfare and Recreations passed away Nov. 15.*

directors in Area IV.

“Of all the people I’ve met in my life both personally and professionally, Mr. Sin was one of the most genuine,” said Laurel A. Baek, chief, Area IV MWR Marketing Division. “He saw something good in everyone and gave every person he came in contact with the same care and consideration.”

“Mr. Sin truly made a difference in Soldiers’ lives everyday,” said Col. Donald J. Hendrix, commander, Area IV Support Activity. “His teammates in Area IV will miss him and our hearts go out to his family.”

Sin is survived by his wife, Jang Bok-sun, who works at the Evergreen Community Club; daughter Myung-hee; and two sons Man-hun and Do-hun who works at the Camp Walker Bowling Center.

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## PGA from Page 25

“We both jumped at the chance to come out here,” said Beckman. “This has been a great opportunity. We are both excited to be able to come on base and meet with the Soldiers.”

One of those Soldiers was Young who was “volunteered” by Area IV Support Activity Commander Col. Donald J. Hendrix to hit a few balls.

“It was an honor to meet these guys and receive a few pointers from them,” he said. “This has been a great experience.”

Even Hendrix got into the swing of things by teeing off a shot.

“This isn’t supposed to be a comedy show,” he exclaimed as Beckman implored him to take center stage. On a more serious note, Hendrix said, “We appreciate you taking time out from your busy schedules to come here. It is a great day for us to have you here. It is a unique opportunity for our golfers to get tips from the best.”

Speaking of busy schedules, each pro played in 30 events this year, meaning that they were on the road for more than 7 months.

“It can be a grind, but there is nothing I would rather do,” said Lickliter. “My father was a steel worker and whenever I complained he would always say, ‘well, you can always come to work with me at the steel mill.’”

The duo answered a variety of questions about life on the tour such as: “How many golf balls do you go through in a year (120 dozen)? How much does your caddie make (\$180,000)? And others. The clinic concluded with an autograph session.

“These guys have always been very supportive of the military,” Cragun said. “It was a real honor to have them here.”

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# Chinhae Sailors help farmers harvest rice crop

*U.S., ROK team up to aid community*

By Petty Officer 2nd Class  
David McKee

U.S. Naval Forces Korea Public Affairs Office

**CHINHAЕ** – U.S. Sailors from Commander, Fleet Activities Chinhae and Republic of Korea Sailors from Chinhae Naval Base Command helped local farmers while strengthening the bond between the two navies during the annual rice harvest.

The 48 volunteers reaped more than 990 square meters of rice, helping Korean farmers provide this country’s staple crop during a time when farms are typically undermanned.

“Finishing the harvest on time is one of the biggest concerns for farmers who are often older and need the help of younger workers,” said Commander, Fleet Activities Chinhae Chaplain’s Assistant Pak Kyung-ho.

None of the volunteers had ever processed rice previously, but according to Pak, it is simple. First you grab two or three stalks of rice in one hand and cut them a few



PHOTO BY LT. CMR. HEINZ MALON

*U.S. sailors from Commander, Fleet Activities Chinhae and Republic of Korea Sailors from Chinhae Naval Base Command helped local farmers harvest rice Oct. 18.*

inches from the ground with a sickle, a curved blade attached to a handle. Next it is important to stack the cut rice on dry spots in the paddies and align the bottoms of the rice so that the farming combine can gather and process the rice before it is manually bagged.

Pak added that not only were the

Sailors productive, they gained an overseas experience they will remember.

“They added a valuable experience to their lives by helping farmers provide for the community where they serve,” he said.

Moreover, the project was an opportunity to build relations between

*“I enjoyed the experience of harvesting rice. Anytime we at Chinhae Naval Base can help our host country in a positive way, we will be there”*

– Petty Officer 1st Class Alvarez Hemphill

the two navies while lending a hand.

“It was a great opportunity for the us to work alongside the U.S. Navy and help our country, and for the U.S. Sailors to experience local culture and build community relations through service,” said Republic of Korea Lt. j.g. Yahng Hahn-soo.

Community relations projects are an important part of reaching out and for the CFAC religious programs coordinator, Petty Officer 1st Class Alvarez Hemphill, it’s also fun.

“I enjoyed the experience of harvesting rice. Anytime we at Chinhae Naval Base can help out our host country in a positive way, we will be there,” he said. “Also, all the Sailors who volunteered to help had a great time. It’s hard work but it was fun.”

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Area IV Public Affairs Office

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“Of all the people I’ve met in my life both personally and professionally, Mr. Sin was one of the most genuine,” said Laurel A. Baek, chief, Area IV MWR Marketing Division. “He saw something good in everyone and gave every person he came in contact with the same care and consideration.”

“Mr. Sin truly made a difference in Soldiers’ lives everyday,” said Col. Donald J. Hendrix, commander, Area IV Support Activity. “His teammates in Area IV will miss him and our hearts go out to his family.”

Sin is survived by his wife, Jang Bok-sun, who works at the Evergreen Community Club; daughter Myung-hee; and two sons Man-hun and Do-hun who works at the Camp Walker Bowling Center.

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## PGA from Page 25

“We both jumped at the chance to come out here,” said Beckman. “This has been a great opportunity. We are both excited to be able to come on base and meet with the Soldiers.”

One of those Soldiers was Young who was “volunteered” by Area IV Support Activity Commander Col. Donald J. Hendrix to hit a few balls.

“It was an honor to meet these guys and receive a few pointers from them,” he said. “This has been a great experience.”

Even Hendrix got into the swing of things by teeing off a shot.

“This isn’t supposed to be a comedy show,” he exclaimed as Beckman implored him to take center stage. On a more serious note, Hendrix said, “We appreciate you taking time out from your busy schedules to come here. It is a great day for us to have you here. It is a unique opportunity for our golfers to get tips from the best.”

Speaking of busy schedules, each pro played in 30 events this year, meaning that they were on the road for more than 7 months.

“It can be a grind, but there is nothing I would rather do,” said Lickliter. “My father was a steel worker and whenever I complained he would always say, ‘well, you can always come to work with me at the steel mill.’”

The duo answered a variety of questions about life on the tour such as: “How many golf balls do you go through in a year (120 dozen)? How much does your caddie make (\$180,000)? And others. The clinic concluded with an autograph session.

“These guys have always been very supportive of the military,” Cragun said. “It was a real honor to have them here.”

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# Chinhae Sailors help farmers harvest rice crop

*U.S., ROK team up to aid community*

By Petty Officer 2nd Class  
David McKee

U.S. Naval Forces Korea Public Affairs Office

**CHINHAЕ** – U.S. Sailors from Commander, Fleet Activities Chinhae and Republic of Korea Sailors from Chinhae Naval Base Command helped local farmers while strengthening the bond between the two navies during the annual rice harvest.

The 48 volunteers reaped more than 990 square meters of rice, helping Korean farmers provide this country’s staple crop during a time when farms are typically undermanned.

“Finishing the harvest on time is one of the biggest concerns for farmers who are often older and need the help of younger workers,” said Commander, Fleet Activities Chinhae Chaplain’s Assistant Pak Kyung-ho.

None of the volunteers had ever processed rice previously, but according to Pak, it is simple. First you grab two or three stalks of rice in one hand and cut them a few



PHOTO BY LT. CMR. HEINZ MALON

*U.S. sailors from Commander, Fleet Activities Chinhae and Republic of Korea Sailors from Chinhae Naval Base Command helped local farmers harvest rice Oct. 18.*

inches from the ground with a sickle, a curved blade attached to a handle. Next it is important to stack the cut rice on dry spots in the paddies and align the bottoms of the rice so that the farming combine can gather and process the rice before it is manually bagged.

Pak added that not only were the

Sailors productive, they gained an overseas experience they will remember.

“They added a valuable experience to their lives by helping farmers provide for the community where they serve,” he said.

Moreover, the project was an opportunity to build relations between

*“I enjoyed the experience of harvesting rice. Anytime we at Chinhae Naval Base can help our host country in a positive way, we will be there”*

– Petty Officer 1st Class Alvarez Hemphill

the two navies while lending a hand.

“It was a great opportunity for the us to work alongside the U.S. Navy and help our country, and for the U.S. Sailors to experience local culture and build community relations through service,” said Republic of Korea Lt. j.g. Yahng Hahn-soo.

Community relations projects are an important part of reaching out and for the CFAC religious programs coordinator, Petty Officer 1st Class Alvarez Hemphill, it’s also fun.

“I enjoyed the experience of harvesting rice. Anytime we at Chinhae Naval Base can help out our host country in a positive way, we will be there,” he said. “Also, all the Sailors who volunteered to help had a great time. It’s hard work but it was fun.”

## 야간식이증후군에 대하여

이병 서기철

밤늦도록 허기진 배를 움켜쥐고 잠을 이루지 못하는 사람들에게 밤참은 커다란 행복이다. 족발, 보쌈, 양념통닭, 피자 등 맛있는 야식으로 출출한 배를 채우고 나면 나른한 포만감에 기분까지 좋아지곤 한다. 하지만 밤참은 건강의 적이다. 밤에 먹는 음식의 양이 낮보다 훨씬 많다면 자신이 야간식이증후군은 아닌지 의심해볼 필요가 있다.

### 1) 야간식이증후군은 스트레스 탓

학계에서는 하루 종일 섭취하는 음식의 양 중 저녁 때 먹는 양이 반 이상을 차지할 때 야간식이증후군'으로 진단한다. 야간식이증후군의 정확한 원인은 아직 밝혀지지 않은 상태이나 스트레스가 원인이라는 것이 정설로 되어 있다. 음식물에 들어 있는 당분이 뇌신경 전달물질인 셀로토닌을 자극해 스트레스를 해소해주기 때문에 밤에도 자꾸 음식을 찾게 된다는 설명이다.

### 2) 야간식이증후군의 후유증

#### (1) 비만

같은 양의 음식을 먹더라도 잠자기 전에 먹게 되면 살이 찌 위험이 훨씬 더 높다. 낮에는 교감신경의 작용으로 에너지를 소비하는 방향에서 대사가 이루어진다. 하지만 밤에는 부교감신경이 지배적이기 때문에 섭취한 음식이 에너지원으로 사용되지 않고 지방으로 전화돼 몸에 축적된다. 게다가 움직임을 제한하게 되어 에너지 소비할 겨를이 없다.

#### (2) 부종

밤참을 먹고 난 다음날 얼굴이 붓는 현상은 밤참을 먹으면서 다량의 염분을 섭취하기 때문이다. 우리가 흔히 밤참으로 먹는 라면 등은 많은 염분을 함유하고 있다. 염분이 많은 음식을 먹고 잠을 자게 되면 밤사이 염분의 농도를 낮추기 위해 수분을 배출시키지 않고 체내에 저장하게 된다. 이 때 저장된 수분이 바로 부종의 원인이다.

#### (3) 소화불량

잠이 들면 신진대사가 감소하고 몸의 모든 기관들은 휴식에 들어간다. 따라서 밤이 되면 위산분비가 떨어지기 때문에 소화불량이 일어나기 쉽다.

#### (4) 위염, 위궤양, 식도염

너무 차거나 뜨거운 음식, 매운 음식 등은 위에 자극을 주어 위염을 발생시키기 쉽다. 밤참의 대명사인 기름진 보쌈이나 감자탕, 통닭, 족발 등은 위에 자극을 주는 식품들이다. 특히 스트레스를 받은 상태에서 이들 음식을 먹게 되면 위궤양의 발생빈도가 높아지므로 주의할 필요가 있다. 식도염

도 주의해야 한다. 식도의 괄약근이 열리면서 위 안의 음식이 식도로 역류해 식도염이 발병할 확률이 높아진다.

### 3) 야간식이증후군에서 벗어나는 방법

야간식이증후군의 가장 큰 원인이 스트레스로 인한 호르몬의 이상분비인 만큼 생체리듬을 정상으로 돌리는 것이 가장 중요하다.

#### (1) 세끼 식사로 생체리듬 회복하기

야간식이증후군인 경우, 다이어트는 금물이다. 하루 세 끼 식사를 규칙적으로 하는 것이 중요하다. 특히 아침은 거르지 말아야 한다. 잠에서 깨어난 후 아침식사를 하면 뇌가 활성화되면서 인체에 활력을 더한다. 점심식사 역시 중요하다. 활발히 활동하는 시간이므로 탄수화물 위주로 식사를 해 열량을 충분히 공급한다. 하지만 저녁은 가급적 가볍게 먹는 것이 좋다. 단, 먹기 위해서 잠에서 깬 정도로 상태가 심각한 사람이라면 저녁 식사를 든든히 해서 위장을 채우는 것이 오히려 도움이 될 수 있다.

#### (2) 숙면으로 온몸에 휴식을

숙면은 하루 동안 쌓인 피로를 회복하는 가장 좋은 약이다. 스트레스가 쌓인 상태에서 숙면을 취하지 못하면 그 여파는 계속 누적된다. 숙면을 위해 습관적으로 수면제나 항우울제를 복용하는 것은 금물이다. 대신 멜라토닌을 복용하는 편이 낫다. 멜라토닌은 잠을 자는 동안 분비되는 호르몬으로 숙면을 취할 수 있게 도와준다. 또한 중독성 등의 부작용도 없는 것으로 알려져 있다. 따라서 수면을 충분히 취하도록 하자.

#### (3) 자신만의 스트레스 해소 수단 찾기

밤참을 찾게 만드는 스트레스를 해소하는 것이 필수다. 스트레스 해소 방법은 사람마다 다르다. 때문에 먹는 생각을 잊을 수 있는 자신만의 오락거리나 운동, 음악 감상, 청소 등 나름의 방법을 개발하는 것이 필수다.

#### (4) 밤참을 꼭 먹어야 한다면 저녁을 늦추도록

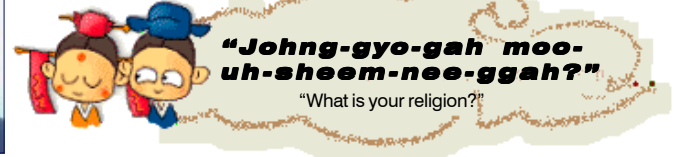
밤에 배고픔을 참을 수 없을 것 같으면 저녁식사 시간을 오후 8시경으로 늦추는 것이 낫다. 그래도 무언가 먹을 것이 필요하다면 최대한 몸에 무리가 안가는 음식을 조금만 섭취하도록 해야한다. 물이나 우유 한 잔, 오이, 당근 등은 포만감을 주면서 위에 부담도 적고 칼로리도 적어 적당한 밤참이 된다. 또 하나, 과일을 밤참으로 먹을 때는 당분이 적은 수박이나 토마토같은 것을 먹는 것이 좋다.

This article is about  
"Eating too much before  
going to bed".

## Learn Korean Easily



Language Instructor  
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh
Double Consonants											
ㄲ	ㄴㄴ	ㄷㄷ	ㄹㄹ	ㅁㅁ	ㅂㅂ	ㅅㅅ	ㅇㅇ	ㅈㅈ	ㅊㅊ	ㅋㅋ	ㅌㅌ
gg	nn	dd	rr, ll	mm	bb	ss	ngg	jj	cc	kk	tt
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅢ	ㅣ	ㅤ	ㅥ
ae		yeh	weh		wah		wuh		wee		ui

### Word of the week

종교

ㅈ ; j, ㅊ ; oh, ㅇ ; ng /  
ㅊ ; g, ㅛ ; yo  
'johng-gyo'

religion

### The phrase of the week

"I am a Christian."

저는 기독교인입니다.

Juh-nuen gee-dohk-gyo-een eem-nee-dah.

I am

a Christian

### Conversation of the week

일요일에 뭐하세요?

What do you do on Sundays?

Eel-yo-eel-ae

muh-hah-sae-yo?

교회에 갑니다.

I go to church.

Gyo-hwae-ae gahm-nee-dah.

매주 가세요?

Do you go there every week?

Mae-joo gah-sae-yo?

그럼요.

Sure.

Gue-ruhm-yo.

누구하고 가세요?

Who do you go with?

Noo-goo-hah-go gah-sae-yo?

(친구)하고 갑니다.

I go there with my friend.

(Cheen-goo)hah-go

gahm-nee-dah.

(가족) (gah-johk) (family)

(동료) (dohng-r-yo) (co-worker)

Share this column with a Korean co-worker.